

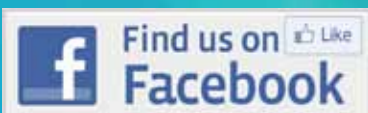
Belmont



Parks & Recreation 2016 Winter/Spring Activity Guide

www.belmont.gov/parksandrec

Enhancing the quality of life for the community



Parks.and.Recreation.Belmont.CA



FACILITIES AVAILABLE FOR RENT

www.belmont.gov/rentals



Barrett Community Center

1835 Belburn Drive

Accommodates up to 50 people. Has 4 classroom/ meeting rooms & a play-ground. 900sqft



Sports Complex & Conference Center

550 Island Parkway

Seating for 140 and accommodates up to 170 people. 1,000sqft



Twin Pines Manor

10 Twin Pines Lane

A historic 100 yr-old building. Accommodates up to 150 people (adults preferred), seats 100. 1,967sqft



Twin Pines Senior & Community Center

20 Twin Pines Lane

Seats 270. Has a large multi-use room, a commercial kitchen, a patio & a small room. 3,265sqft



Twin Pines Lodge

40 Twin Pines Lane

Seats 75. Can accommodate 125. Includes kitchen, patio area, and small meeting rooms.



Twin Pines Cottage

7 Cottage Lane

Accommodates up to 35 people with kitchen & patio area. 500sqft

PICNIC AREAS AVAILABLE FOR RENT

www.belmont.gov/rentals



Alexander Park

400 block of Yorkshire Way

The reservable area is located at the northern region of the park. It accommodates groups of up to 75 people. Tennis courts, a basketball court, and a children's playground area are available for community/public use.

The Buckeye

Twin Pines Lane/Twin Pines Park

Located directly across from the main playground area in Twin Pines Park and a short distance from the parking lot. It includes 8 picnic tables and a large brick barbecue. The picnic area can accommodate up to 75 people.



The Meadow

Twin Pines Lane/Twin Pines Park

Located in Twin Pines Park adjacent to the Twin Pines Senior and Community Center and main parking lot. There are 6 picnic tables and a barbecue area. It can accommodate up to 275 people. This area is ideal for larger family events and corporate celebrations.

The Redwood

Twin Pines Lane/Twin Pines Park

Located in the far southwest area of Twin Pines Park, crossing a foot bridge over the creek. Seats up to 125. Has a large brick barbecue. A children's playground, volleyball posts and horseshoe stakes are in place for your use; equipment is rentable.



Reservation Requests: Facility and picnic area reservation permits are completed in person at the Parks and Rec Office, 30 Twin Pines Lane. Call 595-7441 to check for availability. It is strongly encouraged to reserve early, as dates book quickly. Permits and deposit must be received at least 30 days before event date. For more information, visit www.belmont.gov/beforeyourent

City of Belmont Parks & Recreation Department

30 Twin Pines Lane, Belmont, CA 94002

www.belmont.gov
Phone (650) 595-7441

Hearing Impaired (650) 637-2999

parksrec@belmont.gov
Fax (650) 595-7419

City Council

Mayor - David Braunstein
Vice Mayor - Eric Reed
Council Member - Warren Lieberman
Council Member - Charles Stone
Council Member - Cathy Wright
Meetings - 2nd & 4th Tuesday,
7:00pm - Council Chambers, City Hall

City Manager's Office

Greg Scoles - 595-7408

Parks & Recreation Commission

Chair - Thaddeus Block
Vice Chair - Stephanie Vargas
Commissioner - Karl Mittelstadt
Commissioner - Rich Bortoli
Commissioner - Ulla Foehr
Commissioner - Craig Michaels
Commissioner - Kevin Sullivan
Youth Commissioner - Carly Hunter
Youth Commissioner - Jade Sebti
Meetings - 1st Wednesday,
7:00pm - Council Chambers, City Hall



Director's Letter

I had a mentor who said "Parks and Recreation is where the people go to meet their government on good terms." This is readily apparent at the Twin Pines Senior & Community Center. Each day adults are provided opportunities to connect with one another through exercise, social groups, classes, and lunch. We have worked hard to reduce the cost of the programs by partnering with organizations, looking for grants, and identifying individuals willing to volunteer their time. Many of the programs are free and fill up quickly. We have become a home for different cultures, hosting seven language groups at the Center that provide a place for visitors to share their love for their culture. We serve healthy, balanced, affordable and delicious meals three days a week- all run by volunteers. The Center recently received a new van that picks up residents at home, brings them to the Center, and returns them home when they are ready. This guide highlights the programs and activities available in the "Adults" and "Adults 50+" section. So come, meet your government on good terms, and visit the Twin Pines Senior & Community Center.

Jonathan Gervais
Director of Parks & Recreation



Our office is located inside beautiful Twin Pines Park

Parks & Recreation Staff

Parks & Recreation Director - Jonathan Gervais,
Parks Manager - Daniel Ourtiague, 595-7442
Recreation Manager - George Brunson, 595-7424
Recreation Supervisor - Kari Guastella, 595-7439
Senior Services Supervisor- Cheri Handley, 595-7445
Preschool Supervisor - Linda Steenman, 595-7448
Recreation Coordinator - Andrea De Lara, 595-7444
Recreation Specialist - Jeffrey Giacoletto, 637-2927
Facilities Coordinator - Carina Cortes, 595-7473
Administrative Assistant - Grace Saggau 595-7470
Office Assistant - Karen Leonoudakis, 595-7441

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Remember to hold on to your Guide through April!

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Americans with Disabilities Act

The City of Belmont and the Parks and Recreation Department are committed to implementing the intent and spirit of the Americans with Disabilities Act (ADA).

Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs, and activities. If you have a special need that requires a specific accommodation in order to enjoy our classes or facilities, please contact us at 595 7441.



PRESCHOOL - Daycare



Belmont Parks & Recreation's Community Learning Center Preschool & Day Care



Serving Peninsula
Families Since 1982

Our Goals:

- Encourage the development of creativity.
- Provide a happy learning and growing experience.
- Promote a healthy self-concept.
- Provide activities designed to meet children's needs, interests and abilities.

What we offer ...

Our program offers child care to fit your schedule. We have full-time, part-time and preschool program options. Our program is designed to provide children with the opportunity to experience the satisfaction of learning and the warmth of friendship. Activities provide growth in such areas as language, numbers, music, social skills, and the arts. A balance between structured activities and self-directed play is incorporated into the young child's day. Serving Peninsula families since 1982.

Community Learning Center Staff includes Multilingual Enrichment in the curriculum. Languages include Spanish, Hindi, and Tagalog.



Location:

Barrett Community Center, Rooms 5, 8 & 9
1835 Belburn Dr. Belmont, CA 94002

For any additional information, please call the Community Learning Center at (650) 595-7448.

Linda Steenman - Preschool Director
Preschool License # 410509243

Preschool Program Tuition		*These rates effective Sep 1	
Classification	Ages/Times	Resident	Non-Resident
Full-Time Program	2.5-5 yrs Monday-Friday Between the operation hours of 7am and 6pm	\$1109 monthly	\$1229 monthly
Mon, Wed, Fri	2.5 - 5yrs 9am - 12noon	\$470 monthly	\$521 monthly
Tues, Thurs	2.5 - 5yrs 9am - 12noon	\$410 monthly	\$456 monthly
Hourly Care	2.5-5 yrs. Must be pre-scheduled monthly with hours approved by Director.	\$19 hourly	\$24 hourly
Enrollment Fee	2.5 - 5yrs	\$119 per child	\$135 per child
Children withdrawn from the program for a period greater than 4 months must resubmit enrollment fee. A 5% discount will be given to families with 2 or more children.			

eScrip and OneCause: While you're spending your money, help us earn for the school. 1) Register at www.escrip.com, Group name: Belmont Community Learning Center PTO, Group ID - 500018202. 2) Register at www.onecause.com, select Belmont Community Learning Center as the school to benefit. Select your merchant; you'll get directed to their website and a percentage of every purchase gets deposited into the PTO's account. Thanks!

PRESCHOOL - Parent & Child

Mommy/Daddy & Me Soccer

AGE: 2-3.5 years with parent

The fun happens on the field, and you won't have to watch from the sidelines! Introduce yourself and your toddler to the "World's Most Popular Game." Your child will develop large motor skills as well as socialization skills while playing a variety of fun age appropriate activities designed around the game of soccer. **Class status hotline – 1-888-372-5803.**

Every kid receives a Kidz Love Soccer jersey. **(No class 5/28).**

FEE: \$106 Resident, \$126 Non-Resident (8 classes)

INSTRUCTOR: Kidz Love Soccer Staff

LOCATION: Cipriani School - 2525 Buena Vista

Sat	11:55-12:25pm	1/30-3/19	0134.105
Sat	11:55-12:25pm	4/16-6/11	0134.110

Mommy/Daddy & Me Indoor Soccer (No class 12/26, 1/2)

AGE: 2-3.5 years with parent

FEE \$64 Resident, \$77 Non-resident (4 classes)

LOCATION: Belmont Sports Complex, 550 Island Parkway, Belmont

Sat	11:10-11:40am	12/12-1/16	0134.309
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Gymnastics

AGE: 2-3 with parent, or 3-5 years (alone)

Encourage your pre-schooler to develop his/her gross motor skills, confidence, strength, coordination, and personal awareness through basic gymnastic skills and exercise. Students will do tumbling, use bars, beam and vault. For safety, NO non-enrolled siblings allowed on gym floor.

For more info: www.sanmateogymnastics.com

FEE: \$145 Resident, \$165 Non-resident (8 classes)

INSTRUCTOR: San Mateo Gymnastics Staff

LOCATION: San Mateo Gymnastics TumbleTown
601 Harbor Blvd, Belmont, 650-622-4125

AGE: 2-3 years (With one parent/adult per child)

Thu	10-10:45am	1/14-3/3	0114.102
Fri	9-9:45am	1/15-3/4	0114.103

AGE: 3-5 years

Wed	10:30-11:15am	1/13-3/2	0114.104
Thu	11-11:45am	1/14-3/3	0114.105

AGE: 2-3 years (With one parent/adult per child)

Thu	10-10:45am	3/10-4/28	0114.107
Fri	9-9:45am	3/11-4/29	0114.108

AGE: 3-5 years

Wed	10:30-11:15am	3/9-4/27	0114.109
Thu	11-11:45am	3/10-4/28	0114.110



Grown Up & Me Ice Skating

AGE: 2-5 years with adult

Old enough to walk? Old enough to skate! Enjoy quality time while getting some exercise together and playing with our ice toys! The adult should be able to skate without help. Please arrive 15 minutes early for class. **Warm, loose clothing and gloves or mittens are necessary.** Helmets are not provided, but recommended. **(No class 4/5)**

FEE: See below: Includes a 1/2 hour lesson with a skate pro, skate rental and free public session the day of the class.

INSTRUCTOR: Belmont Iceland Staff

LOCATION: Belmont Iceland, 815 Old County Rd., 592-0533

6 classes - \$76 Resident, \$91 Non-resident.

Tue	10:30-11am	1/5-2/9	0122.101
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7 classes - \$89 Resident, \$107 Non-resident.

Tue	10:30-11am	2/23-4/12	0122.102
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PRESCHOOL - Enrichment

Winter Wonderland Camp

AGE: 4-12 years

Spend a fun time ice skating at Belmont Iceland, while Mom and Dad finish their shopping or recover before the holidays. The kids will have a blast on the ice, learning to skate, playing games, and building snowmen. We will have many different entertaining activities, on and off the ice. **No skating experience is necessary.** Warm, loose clothing and gloves or mittens are needed.

FEE: \$205 Resident, \$225 Non-resident

LOCATION: Belmont Iceland, 815 Old County Rd., 592-0533

INSTRUCTOR: Belmont Iceland Staff

Mon, Tue, Wed 10am-4pm 12/21-12/23 1145.302



Intro to Ice Skating for Tots

AGE: 3-6 years

We make your first ice skating experience a good one! Learn the basics of skating, including forward and backward skating and gliding at a speed appropriate to the student's age in a safe and nurturing environment. Please arrive 15 minutes early for class. Wear warm, loose clothing, ankle-high socks and gloves or mittens. **Helmets are not provided, but are recommended.** (No class 4/7) Includes a 1/2 hour lesson with a skate pro, skate rental and free public session the day of the class.

INSTRUCTOR: Belmont Iceland Staff

LOCATION: Belmont Iceland, 815 Old County Rd.

FEE: \$76 Resident, \$91 Non-resident (6 classes)

Thu 6:15-6:45pm 1/7-2/11 1119.101

FEE: \$89 Resident, \$107 Non-resident (7 classes)

Thu 6:15-6:45pm 2/25-4/14 1119.102

Tiny Hawk Multi-Sport

AGE: 3.5-5 years

No pressure, just lots of fun while these tiny athletes learn the basics through unique Skyhawks games, while fine tuning their motor skills. Our coaching staff is trained to meet the special needs of young children, and committed to creating a positive introduction to sports. Participant-to-coach ratio is approximately 6:1. (No class 1/18, 2/15, 5/29).

INSTRUCTOR: Skyhawks Staff

FEE: \$131 Resident, \$151 Non-resident (8 classes)

T-ball & Soccer

Mon 10:30 - 11:30am 1/11-3/14 0136.101

Mon 10:30 - 11:30am 3/21-5/9 0136.102

LOCATION: Barrett Community Center field

Soccer

Sun 9-9:45am 4/10-6/5 0136.103

LOCATION: Laureola Park field, San Carlos

T-ball

Sun 10-10:45am 4/10-6/5 0136.104

LOCATION: Laureola Park field, San Carlos

Preschool Spanish (6 classes)

AGE: 3-5 years

Learning a second language has to be fun! In this immersion program children will enjoy and learn a second language through music, art, active play, dramatic play, puppets and more. Basic skills and concepts, actions and expressions, greetings, everyday active words and sentences, letters and numbers will be introduced. **No previous language experience required.**

FEE: \$56 Resident, \$67 Non-resident (6 classes)

INSTRUCTOR: Universo de Colores Staff

LOCATION: Barrett Community Center, Rm E

Wed 3-3:45pm 1/20-2/24 0710.101

Wed 3-3:45pm 3/2-4/6 0710.102



www.footstepschildcare.org

YOUTH & TEENS - Dance

Belmont Parks & Recreation's

In partnership with Belmont Parks and Recreation, HeartBeat Dance Academy offers a complete dance program, featuring ballet, hip hop, jazz, tap, Pilates and lyrical for beginning through competition level. **Dancers enrolled in 4 or more classes simultaneously may take unlimited classes (offered by HeartBeat Dance Academy only) at no additional charge.** Competition classes are not included in the 4 class count. If any classes are dropped, fees will be due for additional classes to meet the 4 class minimum. Free classes will be the lower priced classes.

LOCATION: Barrett Community Center, 1870 Ralston Ave, Belmont

FEES: The pricing structure reflects the longer sessions (per session).

LATE FEE - \$20 per class, after the 3rd week

Session 4 (3/21 - 6/11) is closed to dancers who haven't signed up for Session 3 (1/4-3/19), except for Dance Discovery, Ballet Technique, Ballet for the Jazz Dancer, Dance Conditioning, Pilates.

Go to www.heartbeatdanceacademy.com for more information.

Show Info: If you would like to participate in our annual show (all classes except for Dance Discovery, Dance Conditioning, Ballet Technique, Pilates and Ballet for the Jazz Dancer), there is a one time costume purchase fee of \$70 per costume. For details on the show, there will be a Parent Information night to answer any questions. Visit HeartBeat Dance Academy website at www.heartbeatdanceacademy.com for information on this meeting, and other important show information.



HEARTBEAT
dance
ACADEMY

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
Room A	Room B	Room A	Room B	Room A	Room B	Room A	Room B	Room B	Room A
							Pre-Ballet 3:00-3:45	Hip Hop I 4:45-5:30	Pre-Ballet 9:15-10am
	Tap I 3:45-4:45	Jazz IV/V 3:45-4:45	Tap II 3:45-4:45	Pre-Ballet 3:30-4:15	Tap IV 3:45-4:45		Acro. Beg. 3:45-4:45	Hip Hop II 5:30-6:30	Adv. Pre-Ballet I 10-11am
Dance Cond. Int 3:45-4:45	Ballet III 4:45-5:45	Jazz V 4:45-5:45	Teen Lyrical Beg 4:45-5:45	Jr. Jazz/Tap 4:15-5:15	Dance Cond. Beg 4:45-5:45	Lyrical V 4:45-5:45	Acro. Beg./Int. 4:45-5:45	Hip Hop II/III 6:30-7:30	Lyrical I 11-12
Dance Cond. Adv 4:45-5:45		Teen Tap 6:45-7:45	Boys Hip Hop 5:30-6:30	Lyrical I 5:15-6:15	Acro. Int 5:45-6:45	Jazz IV 6:30-7:30	Adult Ballet Beg/Int 6:30-7:30		Teen Ballet Beg. 12-1pm
			Hip Hop I/II 6:30-7:30	Lyrical IV 6:30-7:30	Acro. Adv 7:15-8:15pm	Lyrical IV/V 7:30-8:30	Teen Ballet Int. 7:30-8:30	Adult Tap II 6:15-7:15	
MUR	Room 6	MUR	Room 6	MUR	Room 6	MUR	Room 6	Room 6	
Lyrical III 3:45-4:45	Pre-Ballet 3:30-4:15	Ballet Tech. Beg 4:45-5:30	Dance Disc. 2:45-3:30	Jazz I 3:45-4:45		Jazz II 3:45-4:45	Adv. Pre-Ballet II 3:45-4:45	Tap III 3:45-4:45	Hip Hop I 10-11am
Ballet IV 4:45-6pm	Tiny Tumbling 4:15-5pm	Ballet V 5:45-7pm	Adv. Pre-Ballet I 3:45-4:45	Ballet IV 4:45-6pm	Teen Jazz 5:45-6:45	Lyrical I 4:45-5:45	Teen Lyrical Int. 4:45-5:45	Jazz III 4:45-5:45	Teen Beg. Acro 11am-12
Pre Pointe 6-6:25	Ballet II 5-6pm		Ballet I 4:45-5:45	Pointe I 6-6:25		Ballet V 5:45-7pm	Ballet/Jazz Dancers 5:45-6:30		
	Teen Hip Hop Int/Adv. 6-7pm		Lyrical II 6-7pm			Pointe II 7-7:30			Tiny Tumbling 9:15-10am
	Teen Hip Hop Beg 7-8pm					Teen Ballet Beg. 7:30-8:30			PILATES 10-11am

Studio Closures: No class 1/18; 2/13 & 2/15, 4/4-4/9, 5/28-5/30.

YOUTH & TEENS - Dance

Lyrical/Contemporary

AGE: 7-18

Lyrical dance is a beautiful dance form that takes the best of ballet, jazz and modern dance. It is based on ballet movements set to more contemporary music. Dancers learn proper form and alignment through our warm-up exercises. **Dance paws required.**

Lyrical I - AGE: 7-10. No experience.

1 hr class - \$175 Resident; \$185 Non-resident

Wed	5:15-6:15pm	1/6-3/16	1531.101
Wed	5:15-6:15pm	3/23-6/8	1531.102
Thu	4:45-5:45pm	1/7-3/17	1531.103
Thu	4:45-5:45pm	3/24-6/9	1531.104
Sat	11am-noon	1/9-3/19	1531.105
Sat	11am-noon	3/26-6/11	1531.106

Lyrical II - AGE: 8-12. Completed Lyrical I & 1 yr ballet.

1 hr class - \$175 Resident; \$185 Non-resident

Tue	6-7pm	1/5-3/15	1531.107
Tue	6-7pm	3/22-6/7	1531.108

Lyrical III - AGE: 9-15. (minimum 2 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	3:45-4:45pm	1/4-3/14	1531.109
Mon	3:45-4:45pm	3/21-6/6	1531.110

Lyrical IV - AGE: 10-16. (3 years experience).

1 hr class - \$175 Resident; \$185 Non-resident

Wed	6:30-7:30pm	1/6-3/16	1531.111
Wed	6:30-7:30pm	3/23-6/8	1531.112

Lyrical IV/V - AGE: 11-18. (4 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	7:30-8:30pm	1/7-3/17	1531.113
Thu	7:30-8:30pm	3/24-6/9	1531.114

Lyrical V - AGE: 11-18. (5 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	4:45-5:45pm	1/7-3/17	1531.115
Thu	4:45-5:45pm	3/24-6/9	1531.116

Teen Lyrical Beg. - AGE: 10-18. No exper. needed.

1 hr class - \$175 Resident; \$185 Non-resident

Tue	4:45-5:45pm	1/5-3/15	1531.117
Tue	4:45-5:45pm	3/22-6/7	1531.118

Teen Lyrical Int. - AGE: 12-18. (1-2 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	4:45-5:45pm	1/7-3/17	1531.119
Thu	4:45-5:45pm	3/24-6/9	1531.120

**Studio Closures: No class 1/18; 2/13 & 2/15,
4/4-4/9, 5/28-5/30**



Primary Dance

AGE: 3-8

The fun and energy never stops for young dancers to learn pre-ballet (and/or pre-tap and jazz steps in combo classes) dance in an encouraging environment. We use props such as scarves, ribbon sticks and crowns to express our creativity. We warm-up either at the ballet barre or center, practice new steps across the room and learn new dances. **Dancewear is required for all classes. Ballet shoes (pink-girls, black-boys) are required for ballet classes.**

Dance Discovery - AGE: 3-4. No experience.

45 minute class - \$140 Resident, \$150 Non-resident

Tue	2:45-3:30pm	1/5-3/15	0520.101
Tue	2:45-3:30pm	3/22-6/7	0520.102

Tiny Tumbling - AGE: 5-7. A beginning experience with learning coordination, strength and flexibility. We focus on mat work and building acro skills.

45 minute class - \$140 Resident, \$150 Non-resident

Mon	4:15-5pm	1/4-3/14	1509.101
Mon	4:15-5pm	3/21-6/6	1509.102
Sat	9:15-10am	1/9-3/19	1509.103
Sat	9:15-10am	3/26-6/11	1509.104

Pre-Ballet - AGE: 4-6. No experience.

45 minute class - \$140 Resident, \$150 Non-resident

Mon	3:30-4:15pm	1/4-3/14	0525.101
Mon	3:30-4:15pm	3/21-6/6	0525.102
Wed	3:30-4:15pm	1/6-3/16	0525.103
Wed	3:30-4:15pm	3/23-6/8	0525.104
Thu	3-3:45pm	1/7-3/17	0525.105
Thu	3-3:45pm	3/24-6/9	0525.106
Sat	9:15-10am	1/9-3/19	0525.107
Sat	9:15-10am	3/26-6/11	0525.108

Adv. Pre-Ballet 1 - AGE: 5-7 No experience.

1 hr class - \$175 Resident; \$185 Non-resident

Tue	3:45-4:45pm	1/5-3/15	1520.101
Tue	3:45-4:45pm	3/22-6/7	1520.102
Sat	10-11am	1/9-3/19	1520.103
Sat	10-11am	3/26-6/11	1520.104

Adv. Pre-Ballet 2 - AGE: 6-8 (1 yr exper.)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	3:45-4:45pm	1/7-3/17	1520.105
Thu	3:45-4:45pm	3/24-6/9	1520.106

Jr. Jazz/Tap - AGE: 5-7. No experience needed. Jazz and tap shoes are required for jazz/tap combo classes.

1 hr class - \$175 Resident; \$185 Non-resident

Wed	4:15-5:15pm	1/6-3/16	1530.101
Wed	4:15-5:15pm	3/23-6/8	1530.102

YOUTH & TEENS - Dance

Ballet

AGE: 8-18.

Enjoy the beautiful art form of ballet dance that helps to instill grace and proper placement in all forms of dance. Dancers will learn classical ballet steps and movements, emphasizing proper form, placement, alignment and terminology. **For girls: black leotard, pink tights and shoes (may wear ballet skirt or dance shorts); for boys: black tights/leggings, white t-shirt, black shoes are required.**

Ballet I - AGE: 8-10. No experience.

1 hr class - \$175 Resident; \$185 Non-resident

Tue	4:45-5:45pm	1/5-3/15	1523.101
Tue	4:45-5:45pm	3/22-6/7	1523.102

Ballet II - AGE: 8-11. (1-2 years experience.)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	5-6pm	1/4-3/14	1523.103
Mon	5-6pm	3/21-6/6	1523.104

Ballet III - AGE: 8-12. (2 years experience.)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	4:45-5:45pm	1/4-3/14	1523.105
Mon	4:45-5:45pm	3/21-6/6	1523.106

Ballet IV - AGE: 11-18. (4 years experience.) (1 1/4 hr).(Must be taken twice per week).

1 1/4 hr - \$200 Resident, \$210 Non-resident

Mon	4:45-6pm	1/4-3/14	1523.107
Mon	4:45-6pm	3/21-6/6	1523.108
Wed	4:45-6pm	1/6-3/16	1523.109
Wed	4:45-6pm	3/23-6/8	1523.110

Ballet V - AGE: 11-18. (5 years experience.) (1 1/4 hr).(Must be taken twice per week).

1 1/4 hr - \$200 Resident, \$210 Non-resident

Tue	5:45-7pm	1/5-3/15	1523.111
Tue	5:45-7pm	3/22-6/7	1523.112
Thu	5:45-7pm	1/7-3/17	1523.113
Thu	5:45-7pm	3/24-6/9	1523.114

Ballet Tech Beg. - AGE: 9-18 (No exper.)

45 minute class - \$140 Resident, \$150 Non-resident

Tue	4:45-5:30pm	1/5-3/15	1523.115
Tue	4:45-5:30pm	3/22-6/7	1523.116

Adult Ballet Beg./Int. - AGE: 16+

1hr class - \$175 Resident, \$185 Non-resident

Thu	6:30-7:30pm	1/7-3/17	1523.117
Thu	6:30-7:30pm	3/24-6/9	1523.118

Ballet For Jazz Dancers - AGE: 10-18

45 minute class - \$140 Resident, \$150 Non-resident

Thu	5:45-6:30pm	1/7-3/17	1520.119
Thu	5:45-6:30pm	3/24-6/9	1520.120



Teen Ballet Beg. - AGE: 11+. No experience

1 hr class - \$175 Resident; \$185 Non-resident

Th	7:30-8:30pm	1/7-3/17	2521.101
Th	7:30-8:30pm	3/24-6/9	2521.102
Sat	12-1pm	1/9-3/19	2521.103
Sat	12-1pm	3/26-6/11	2521.104

Teen Ballet Int. - AGE: 12-18. (2 years exper)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	7:30-8:30pm	1/7-3/17	2521.105
Thu	7:30-8:30pm	3/24-6/9	2521.106

Pre-Pointe - AGE: 10-18. Must take ballet 2x/week.

1/2 hour class - \$90 Resident, \$99 Non-resident

Mon	6-6:25pm	1/4-3/14	2523.101
Mon	6-6:25pm	3/21-6/6	2523.102

Pointe I - AGE: 10-18. By invitation, must take ballet 2 x/ week.

1/2 hour class - \$90 Resident, \$99 Non-resident

Tue	7-7:30pm	1/5-3/15	2522.101
Tue	7-7:30pm	3/22-6/7	2522.102

Wed	6-6:25pm	1/6-3/16	2522.103
Wed	6-6:25pm	3/23-6/8	2522.104

Pointe II - AGE: 10-18. By invitation, must take ballet 2 x/ week.

1/2 hour class - \$90 Resident, \$99 Non-resident

Thu	7-7:30pm	1/7-3/17	2522.105
Thu	7-7:30pm	3/24-6/9	2522.106

NEW!

YOUTH & TEENS - Dance

Jazz

AGE: 7-18.

Find out why so many dancers love jazz dance! Dancers will learn jazz steps and movements, get in shape and have fun while dancing to the latest music. **Dancewear and jazz shoes required.**

Jazz I - AGE: 7-10. No experience required.

1 hr class - \$175 Resident; \$185 Non-resident

Wed	3:45-4:45pm	1/6-3/16	1522.101
Wed	3:45-4:45pm	3/23-6/8	1522.102

Jazz II - AGE: 8-12. (1 year experience)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	3:45-4:45pm	1/7-3/17	1522.103
Thu	3:45-4:45pm	3/24-6/9	1522.104

Jazz III - AGE: 8-14. (2-3 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Fri	4:45-5:45pm	1/8-3/18	1522.105
Fri	4:45-5:45pm	3/25-6/10	1522.106

Jazz IV - AGE: 10-18. (4 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	6:30-7:30pm	1/7-3/17	1522.107
Thu	6:30-7:30pm	3/24-6/9	1522.108

Jazz IV/V - AGE: 10-18. (4-5 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Tue	3:45-4:45pm	1/5-3/15	1522.109
Tue	3:45-4:45pm	3/22-6/7	1522.110

Jazz V - AGE: 10-18. (5+ years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Tue	4:45-5:45pm	1/5-3/15	1522.111
Tue	4:45-5:45pm	3/22-6/7	1522.112

Teen Jazz - AGE: 10-18. (no experience)

1 hr class - \$175 Resident; \$185 Non-resident

Wed	5:45-6:45pm	1/6-3/16	1522.113
Wed	5:45-6:45pm	3/23-6/8	1522.114



Acrobatics

AGE: 8-18 Get in shape for acrobatics! We'll work on core strength, flexibility, and alignment. You'll also strengthen your head/handstands, backbends, and jumping, developing power and confidence to prepare for tumbling and injury prevention.

Acrobatics Beg. - AGE: 7-10. No experience.

1 hr class - \$175 Resident; \$185 Non-resident

Thu	3:45-4:45pm	1/7-3/17	1519.101
Thu	3:45-4:45pm	3/24-6/9	1519.102

Acrobatics Beg/Int. - AGE: 10+. (1 yr experience)

1 hr class - \$175 Resident; \$185 Non-resident

Thu	4:45-5:45pm	1/7-3/17	1519.103
Thu	4:45-5:45pm	3/24-6/9	1519.104

Acrobatics Int. AGE: 8-18. Instructor approval req'd.

1 hr class - \$175 Resident; \$185 Non-resident

Wed	5:45-6:45pm	1/6-3/16	1519.105
Wed	5:45-6:45pm	3/23-6/8	1519.106

Acrobatics Adv. AGE: 8-18. Instructor approval req'd.

1 hr class - \$175 Resident; \$185 Non-resident

Wed	7:15-8:15pm	1/6-3/16	1519.107
Wed	7:15-8:15pm	3/23-6/8	1519.108

Teen Beg. Acro. AGE: 11-18.

1 hr class - \$175 Resident; \$185 Non-resident

Sat	11-12am	1/6-3/16	1519.109
Sat	11-12am	3/23-6/8	1519.110

NEW!

Studio Closures: No class 1/18; 2/13 & 2/15, 4/4-4/9, 5/28-5/30

YOUTH & TEENS - Dance

Hip Hop

AGE: 5-18

Come join our fun and energetic hip hop classes! Learn the latest moves of hip hop while moving to the newest hip hop music. Comfortable clothing and tennis shoes should be worn- no jeans allowed.

Hip Hop I - AGE: 5-7. No experience.

45 minute class - \$140 Resident, \$150 Non-resident

Fri	4:45-5:30pm	1/8-3/18	1525.101
Fri	4:45-5:30pm	3/25-6/10	1525.102
Sat	9:15-10am	1/9-3/19	1525.103
Sat	9:15-10am	3/26-6/11	1525.104

Hip Hop I - AGE: 8-10. No experience.

1 hr class - \$175 Resident; \$185 Non-resident

Sat	10-11am	1/9-3/19	1525.105
Sat	10-11am	3/26-6/11	1525.106

Hip Hop I/II - AGE: 10-12. (1-3 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Tue	6:30-7:30pm	1/5-3/15	1525.107
Tue	6:30-7:30pm	3/22-6/7	1525.108

Hip Hop II - AGE: 8-12. (1-3 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Fri	5:30-6:30pm	1/8-3/18	1525.109
Fri	5:30-6:30pm	3/25-6/10	1525.110



Hip Hop II/III - AGE: 10-13. (3 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Fri	6:30-7:30pm	1/8-3/18	1525.111
Fri	6:30-7:30pm	3/25-6/10	1525.112

Teen Hip Hop Beg. - AGE: 13-18. (No experience)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	7-8pm	1/4-3/14	1525.113
Mon	7-8pm	3/21-6/6	1525.114

Teen Hip Hop Int/Adv. - AGE: 13-18.

(3 years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	6-7pm	1/4-3/14	1525.115
Mon	6-7pm	3/21-6/6	1525.116

Boy's Hip Hop - AGE: 8-18. No experience.

1 hr class - \$175 Resident; \$185 Non-resident

Tue	5:30-6:30pm	1/5-3/15	1525.117
Tue	5:30-6:30pm	3/22-6/7	1525.118

NEW!

YOUTH & TEENS - Dance

Dance Conditioning - Turns + Leaps

AGE: 8-18 -

Take your dancing to the next level! Come get in shape, improve your multiple turns, extend your leaps and learn the newest dance tricks.

Conditioning Beg. - AGE: 8-18 (1yr jazz or lyrical exper.)

1 hr class - \$175 Resident; \$185 Non-resident

Wed	4:45-5:45pm	1/6-3/16	1533.101
Wed	4:45-5:45pm	3/23-6/8	1533.102

Conditioning Beg./Int. - AGE: 8-18 (2 yrs jazz or lyrical experience).

1 hr class - \$175 Resident; \$185 Non-resident

Tue	3:45-4:45pm	1/5-3/15	1533.103
Tue	3:45-4:45pm	3/22-6/7	1533.104

Conditioning Int. AGE: 8-18 (Teacher recommendation)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	3:45-4:45pm	1/4-3/14	1533.105
Mon	3:45-4:45pm	3/21-6/6	1533.106

Conditioning Adv. AGE: 8-18. (Teacher recommendation only)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	4:45-5:45pm	1/4-3/14	1533.105
Mon	4:45-5:45pm	3/21-6/6	1533.106

Tap

AGE: 7-18 Come join our fun and exciting tap class. **Tap shoes are required;** Tap I and 2 - non-patent leather Mary Jane style strap. Tap 3 and 4 - Oxford tie shoes.

Tap I

- AGE: 7-10. (0-1 year experience)

1 hr class - \$175 Resident; \$185 Non-resident

Mon	3:45-4:45pm	1/4-3/14	1524.101
Mon	3:45-4:45pm	3/21-6/6	1524.102

Tap II

- AGE: 8-15. (1-2 year experience)

1 hr class - \$175 Resident; \$185 Non-resident

Tue	3:45-4:45pm	1/5-3/15	1524.103
Tue	3:45-4:45pm	3/22-6/7	1524.104

Tap III

- AGE: 9-18. (3+ years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Fri	3:45-4:45pm	1/8-3/18	1524.105
Fri	3:45-4:45pm	3/25-6/10	1524.106

Tap IV

- AGE: 11-18. (4+ years experience)

1 hr class - \$175 Resident; \$185 Non-resident

Wed	3:45-4:45pm	1/6-3/16	1524.107
Wed	3:45-4:45pm	3/23-6/8	1524.108

Teen/Adult Tap I

- AGE: 12+. No experience

1 hr class - \$175 Resident; \$185 Non-resident

Tue	6:45-7:45pm	1/5-3/15	1524.109
Tue	6:45-7:45pm	3/22-6/7	1524.110

Adult Tap II

- AGE: 15+. (1 yr exper.).

8 class card - \$120 Resident (special rate).

Fri	6:15-7:15pm	1/8-3/18	2534.101
Fri	6:15-7:15pm	3/25-6/10	2534.102

NEW!

Teen/Adult Pilates

AGE: 15+ **New to HeartBeat!** Pilates is a system of controlled exercises that engage the mind and condition the entire body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Please wear fitted and comfortable athletic pants/shorts and shirt.

1 hr class - \$175 Resident; \$185 Non-resident

Sat	10-11am	1/9-3/19	2234.101
Sat	10-11am	3/26-6/11	2234.102



Irish Dancing

AGE: 4-18 years

The McGrath Irish Dancers provide traditional Irish step dance classes for students at all levels. Participants can dance "just for fun", or they may choose to take part in performances and/or competitions. Students will learn soft shoe, hard shoe and group dances suited to their level and ability. **A parent observation recital will be held during the last class of each session. (No class 2/17, 4/6).**

FEE: \$72 Resident, \$86 Non-resident (6 classes)

LOCATION: Barrett MU

INSTRUCTOR: Valerie Deem, founder of McGrath school

Wed	2:30-3:30pm	1/13-2/24	1551.101
Wed	2:30-3:30pm	3/2-4/13	1551.102

Private Lessons - \$25 per class - contact instructor to set up date for lesson- Valerie@mcgrathirishdancers.com 1552.101

YOUTH & TEENS - Enrichment

NEW!

To Rome with Love

AGE: 7-13 years

Buono appetito! Your junior chef will explore traditional Italian favorites such as homemade pasta and risotto, as well as lesser-known but just as yummy dishes and desserts!

FEE: \$117 Resident, \$137 Non-resident (4 classes)

MATERIALS FEE: \$45 payable to instructor at class

INSTRUCTOR: Jr. Chef Stars staff, Brian Allen, 898-8742.

LOCATION: Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo, 94403

Wed 3:45-5:15pm 1/20-2/10 1729.101

NEW!

Chocolates and Confections

AGE: 7-13 years

This is all about indulging your sweet tooth and learning to make delicious treats. Some of what you'll create to sample and take home are mousse, molds, cakes and pastries all from chocolates! Your friends will be in awe that you can make such delights.

FEE: \$117 Resident, \$137 Non-resident (4 classes)

MATERIALS FEE: \$45 payable to instructor at class

INSTRUCTOR: Jr. Chef Stars staff, Brian Allen, 898-8742.

LOCATION: Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo, 94403

Wed 3:45-5:15pm 2/24-3/16 1729.102

Kids' Carpentry

AGE: 5-12 years

Kids may choose from a wide variety of fun projects including: boats, clocks, games, trucks, doll furniture, and more. New projects for returning kids! While building their projects from scratch, children are introduced to concepts of applied math, problem-solving, fine motor skills, and feel empowered to become independent thinkers. **(No class 2/17, 4/6)**
www.kidscarpentry.net.

FEE: \$124 Resident, \$144 Non-Resident (6 classes)

LAB FEE: \$40 payable to instructor at 1st class.

INSTRUCTOR: John Tust, Kids Carpentry staff

LOCATION: Barrett Community Center, Room 4

Wed 1:30-2:45pm 1/13-2/24 1720.101

Wed 3-4:15pm 1/13-2/24 1720.102

Wed 4:30-5:45pm 1/13-2/24 1720.103

Wed 1:30-2:45pm 3/2-4/13 1720.104

Wed 3-4:15pm 3/2-4/13 1720.105

Wed 4:30-5:45pm 3/2-4/13 1720.106

Wed 1:30-2:45pm 4/20-5/25 1720.107

Wed 3-4:15pm 4/20-5/25 1720.108

Wed 4:30-5:45pm 4/20-5/25 1720.109

Clay Fun/ Sculpture

AGE: 7-15 years

Using simple 3D shapes, you'll learn how to create animal and human sculptures with air-dry clay coils, and slabs. Learn the techniques to expand your creativity and keep your own 3D art objects forever! **(No class 2/15, 4/4).**

FEE: \$140 Resident, \$160 Non-resident (7 classes)

LAB FEE: \$10 payable to instructor at 1st class, for supplies

INSTRUCTOR: Erika Pazmandi-Hagen

LOCATION: Barrett Community Center, Rm 4

Mon 4-5:30pm 1/25-3/14 1803.103

Mon 4-5:30pm 3/28-5/16 1803.104

DRAMATIC IMAGINATION - Introduction to Acting

AGE: 5-7 years

This class brings out the shining star in every child! Students stretch their imaginations and express themselves through funny theatrical games and creative movement. It's the perfect class for children who love to pretend. The final class brings imaginations to life in a short theater performance for friends and family. **(No class 2/16).**

FEE: \$199 Resident, \$219 Non-resident (8 classes)

INSTRUCTOR: San Carlos Children's Theater Staff

LOCATION: San Carlos Youth Center, 1001 Chestnut St, San Carlos

Tue 3:30-5pm 1/26-3/22 1377.101

NEW!

Once Upon a Hundred Year's Nap

A Pint-Sized Production

AGE: 7-10 years

It's showtime! Actors rehearse and perform this clever comedy about Sleeping Beauty and the prince who live happily in their castle, until things become both disastrous and humorous. Students develop dramatic skills and fortitude as they explore their stage characters and play lively theater games. Presentation on the final day uses minimal props and unlimited imagination! **(No class 2/15).**

FEE: \$199 Resident, \$219 Non-resident (8 classes)

INSTRUCTOR: San Carlos Children's Theater Staff

LOCATION: Sam Trans Building, 1250 San Carlos Ave.

Mon 3:30-5pm 1/25-3/21 1379.101

Showstoppers I & II

Does your performer wish life was a series of Broadway musicals? Look no further than SCCT's musical theater troupe ShowStoppers! Students work with theater professionals to develop song and dance numbers they perform in the community. Whether seasoned or brand new to theater, it's a fabulous Broadway-style stage experience! **(No class 3/27, 4/10, 5/8).**

PERFORMANCES: See specific dates/locations at www.sancarloschildrenstheater.com. Performance call time is usually 11:00 for 12:30 performance, concluding at 1:00 PM.

FEE: \$399 Resident, \$419 Non-resident (14 classes)

INSTRUCTOR: San Carlos Children's Theater Staff

LOCATION: Mustang Hall, Central Middle School, 828 Chestnut St. SC

Showstoppers I - Age: 6-9 (Grades 1-4)

Sun 11:30am - 1:30pm 1/31-5/22 1377.103

ShowStoppers II - Age: 10-14 (Grades 5-8)

Sun 3:00-5:00p 1/31-5/22 1377.104

Storybook Performers

Ages 8-14 years, spring classes online

YOUTH & TEENS - Enrichment

NEW!

Make 'em Laugh: Improv & Physical Slapstick

AGE: 10-14 years

Be spontaneous and push the boundaries! In high-energy sessions, you'll discover how to create characters and entertain audiences using improvisation and physical slapstick, experimenting with stage slaps, hair pulls, foot stomps, punches and other silly slapstick. (No class 2/15).

FEE: \$109 Resident, \$129 Non-resident (4 classes)

INSTRUCTOR: San Carlos Children's Theater Staff

LOCATION: Sam Trans Building, 1250 San Carlos Ave.

Mon 6:30-8:30pm 1/25-2/22 1381.101

NEW!

MASTER THE AUDITION Techniques that Work

AGE: 10-14 years

You can ace that next audition! Using an individual focus, we explore how to use improvisation to enhance audition monologues and land that coveted role. Through games and exercises, actors learn to create characters that jump off the page, as well as how to choose a monologue that's right for them. A great class for new and seasoned performers.

FEE: \$109 Resident, \$129 Non-resident (4 classes)

INSTRUCTOR: San Carlos Children's Theater Staff

LOCATION: Sam Trans Building, 1250 San Carlos Ave.

Mon 6:30-8:30pm 2/29-3/21 1381.102

Additional Master the Audition class starting 5/19 online

Combo Class - Make 'em Laugh and Master the Audition

FEE: \$199 Resident, \$219 Non-resident (8 classes)

Mon 6:30-8:30pm 1/25-3/21 1381.103

Additional combo Scene Study, Master the Audition online

Scene Study Workshop

Ages 11-15, spring classes listed online



Fiber Arts Fun

AGE: 7-13 years

Come explore fiber arts! We will knit, crochet, embroider, dye and come up with ideas for group and individual projects. Projects may include stuffed animals, a yarn "bomb" somewhere near the classroom, or just about anything you can imagine. Already know how to do some of these crafts? You can learn new techniques and move at your own pace to practice your skills. We will create a community of crafters in our class!

(No class 2/18, 4/7).

FEE: \$75 Resident, \$90 Non-resident (7 classes)

MATERIALS FEE: \$12 payable to instructor at 1st class, for needles, dye, yarn supplies.

INSTRUCTOR: Erin Laser, instructor to youth and adults

LOCATION: Barrett Community Center, Rm 4

Thu	4-5:30pm	1/14-3/3	1802.101
Thu	4-5:30pm	3/10-4/28	1802.102

Stepping Stone Enrichment Academy

Afterschool Mandarin program from Grade K-5th, including transportation, homework assistance and a variety of enrichment activities held at Belmont Park & Rec's Barrett Community Center.

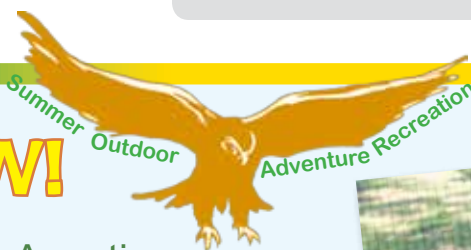
Kids will learn in an environment of fun. For more information and to register: (650) 455-2048 or www.SSEAschool.com

SUMMER PREVIEW!

March 1st - Registration opens for Aquatics and SOAR day camps.

April 1st - Specialty camp enrollment opens

Mid-June - Day camps and Aquatics programs begin, check dates online.



YOUTH & TEENS - Enrichment

NEW!

Personal Finance Education

AGE: Grades 5-10, ages 10-16
Even at a young age, financial decisions that we make have great impact in shaping our lives. The goal of these classes is to build financially responsible youth and teach financial literacy. For more info, visit www.guruseducation.com **(No class 2/19, 4/8).**

FEE: \$140 Resident, \$160 Non-resident, (7 classes), Includes workbook
INSTRUCTOR: GURUS education instructor
LOCATION: Barrett Community Center, Rm E



Fri	5:30-6:30pm	1/15-3/4	1903.101
Fri	5:30-6:30pm	3/11-4/29	1903.102

Digital Monkey Gaming Classes

AGE: 7-14 years
FEE: \$159 Resident, \$179 Non-resident (6 classes)
INSTRUCTOR: Digital Monkey staff
LOCATION: Digital Monkey School, 720 El Camino Real, #302, Belmont, 296-6323

3D Video Game Development

Build your own 3D Adventure, using 3D modeling and animation. Populate your world with custom monsters and avatars. Build your unique player character, items and powerups. Learn to program custom behaviors, events, triggers and game rules. Recommended for beginners or students experienced with making 2D games. Use cutting edge 3D modeling/animation/game development environment as well as proprietary video game technology by Digital Monkey School. **(No class 2/19).**

Fri	6-7pm	1/15-2/26	1745.101
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3D Video Game Development Custom Platformer

In this exciting and intuitive 3D Video Game Development Environment learn to build custom platformer levels, equipped with puzzles, enemies, power-ups and treasures. Students will practice creating unique looking levels, and control game-play objectives, rules and behavior via micro-scripting. This program is perfect for complete beginners and experienced video game enthusiasts.

(No class 4/8).

Fri	6-7pm	3/4-4/15	1745.102
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NEW!

GURUS EDUCATION CLASSES

formerly Bay Area Debate

FEE: \$140 Resident, \$160 Non-resident, (7 classes), includes workbook
INSTRUCTOR: GURUS education instructor
LOCATION: Barrett Community Center, Rm E
For more information, visit www.guruseducation.com **(No class 2/19, 4/8)**

Little Masters of Public Speaking (Level 2)

AGE: Grades 1-3, ages 6-9
Little masters build upon the skills they learned in the earlier course. They begin to understand and demonstrate the oomph and expressions in their speeches. In this level, they memorize and recite poems, learn how to tell funny and scary stories. Joke telling is an art and so is dialogue delivery. It is an ideal and fun class for little masters who put on a play at the end of the session!

Fri	3:30-4:30pm	1/15-3/4	1901.101
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Intro to Speech Writing (Level 3)

AGE: Grades 1-3, ages 6-9
Learn how to write speeches in six easy steps, as well as the basics of writing skills. Learn the importance of writing speeches with personal and interesting openings as well as memorable finishes. We introduce the use of props, stories, jokes and pictures, and make it fun! Learn how to better structure thoughts and express them with confidence.

Fri	3:30-4:30pm	3/11-4/29	1901.102
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Public Speaking and Debate (Level 2)

AGE: Grades 4-8, ages 9-14
We combine Advanced Public Speaking, Speech Writing and Debates, preparing students for both public speaking and debates. The aim is to have each participant write a well-structured and engaging speech. Participants debate on a variety of age appropriate topics in various formats; improving their general knowledge of current affairs and understanding both sides of the topic.

Fri	4:30-5:30pm	1/15-3/4	1902.101
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Essentials of Debate

AGE: Grades 4-8, ages 9-14
Learn the essentials of debate, including how to make strong arguments, use tools and practice note taking. We instill critical thinking by encouraging the use of reasoning and evidence through various formats of the debates popular in high school, with age appropriate topics.

Fri	4:30-5:30pm	3/11-4/29	1902.102
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YOUTH & TEENS - Sports



Mini-Hawk Sports

AGE: 4.5-7 years - Give your young child a positive first step into athletics. All Skyhawks coaches are trained to handle the specific needs of young athletes. **Please bring:** baseball glove (if you have for baseball), shin guards, athletic shoes, and water bottle. Participant-to-coach ratio is 8:1. **(No class 5/29).**

FEE: \$131 Resident, \$151 Non-Resident, (8 classes)

INSTRUCTOR: Skyhawks Staff

LOCATION: Laureola Park, 515 Old County Road, San Carlos

Mini-Hawk Soccer

Learn the fundamentals of dribbling, passing and shooting in a fun, safe and positive environment.

Sun 11-11:45am 4/10-6/5 1157.101

Mini-Hawk Baseball

This is designed to give children a positive first step into baseball. They'll learn balance, body movement, hand/eye coordination, and skill development through a series of sports-specific games and activities tailored to their age.

Sun 12-12:45pm 4/10-6/5 1157.102

Mini-Hawk Basketball

Learn the fundamentals of dribbling, passing, shooting and rebounding in a fun, safe and positive environment with activities tailored to their age.

Sun 1-1:45pm 4/10-6/5 1157.103

Skyhawks Volleyball

Skyhawks Sports Volleyball takes the fun and excitement of a great team sport and delivers it in an appealing and engaging way. All the aspects of the game are developed in a series of drills and exercises focusing on passing, setting, hitting, and serving. We help each athlete develop the fundamental skills of the game through game-speed drills and scrimmages aimed at shaping the whole player. All skill levels welcome! Participants should bring: appropriate clothing, water bottle and athletic shoes. Knee pads strongly recommended. **(No class 2/16, 2/17, 4/5, 4/6)**

INSTRUCTOR: Skyhawks staff, Cynthia Corpuz, former USC volleyball player and current coach for Palo Alto Elite Club.

LOCATION: San Carlos Youth Center Gym, 1001 Chestnut St

FEE: \$169 Resident, \$189 Non-Resident (Beginner/No formal instruction) (8 classes)

Age 6-9 Tue 5-6pm 1/12-3/8 1138.101

Age 6-9 Tue 5-6pm 3/15-5/10 1138.102

FEE: \$184 Resident \$204 Non-Resident (Intermediate/1 yr of instruction) (8 classes)

Age 9-12 Wed 5-6:30pm 1/13-3/9 1138.103

Age 9-12 Wed 5-6:30pm 3/16-5/11 1138.104

Indoor Soccer

Learn the fundamentals of dribbling, passing, shooting and defense, along with the rules, strategies and play-calls of the game. Each class will focus on a basic skill and then those skills will be put into practice in a scrimmage. (No class 1/17, 2/14)

INSTRUCTOR: Skyhawks Staff

LOCATION: San Carlos Youth Center, 1001 Chestnut St, San Carlos

FEE: \$131 Resident, \$151 Non-Resident (8 classes)

Age 3-4 yrs Sun 9:15-10am 1/10-3/13 1157.104

Age 5-6 yrs Sun 10:15-11am 1/10-3/13 1157.105

FEE: \$151 Resident, \$171 Non-Resident (8 classes)

Age 7-10 yrs Sun 11:15-12:15 1/10-3/13 1157.106



TENNIS - the Stanford Way

Each student provides his/her own racket www.whitlingersarsfieldtennis.com

FEE: \$81 Resident, \$97 Non-resident (6 classes) 1/16- 2/20

FEE: \$99 Resident, \$119 Non-resident (8 classes) 4/2-5/21

INSTRUCTOR: Stanford's Whitlinger & Sarsfield staff

LOCATION: Carlmont High School, Court #6 & #7



Terrific Tiny Tennis

FUN activities and games with low-compression balls on a 42' court will enhance their skill development in a success-oriented social environment. Students provide racquets; we recommend 23"-25" racquets. Small group lessons will consist of only 2-6 students.

AGE: 4-5 years

Sat	1:10 - 1:50pm	1/16-2/20	0124.101
Sat	1:10 - 1:50pm	4/2-5/21	0124.102

AGE: 6-7 years

Sat	1:50 - 2:30pm	1/16- 2/20	0124.103
Sat	1:50 - 2:30pm	4/2-5/21	0124.104

Novice

Develop the essential techniques with emphasis on control, depth and direction on the 78 ft. court with regulation tennis balls. Lessons will also incorporate rules, etiquette, and basic doubles play.

AGE: 11-14 years

Sat	11am-noon	1/16-2/20	1123.101	Sat
	11am-noon	4/2-5/21	1123.102	

AGE: 15+ years

Sat	9-10am	1/16-2/20	2157.101	Sat
	9-10am	4/2-5/21	2157.102	

Quickstart Tennis

Kids will enhance their skill development with low compression tennis balls on a "60' court". Play to learn!

AGE: 8-10 years

Sat	2:30-3:30pm	1/16 -2/20	1122.101
Sat	2:30-3:30pm	4/2-5/21	1122.102

Low Intermediate

For players who are consistent on slow to medium-paced rally, but need to develop depth and directional control when pace is added. Review and refine stroke techniques, with emphasis on basic strategy and tactics.

AGE: 11-14 years

Sat	3:30-4:30pm	1/16-2/20	1123.103
Sat	3:30-4:30pm	4/2-5/21	1123.104

AGE: 15+ years

Sat	10-11am	1/16-2/20	2157.103
Sat	10-11am	4/2-5/21	2157.104

Individual Tennis Lessons

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. Add - \$5 per person for each additional person.

1/4 -2/29

\$65 per hour	2157.105
\$125 for 2 hour lessons	2157.106
\$180 for three 1-hour lessons	2157.107

3/1-5/21

\$65 per hour	2157.108
\$125 for 2 hour lessons	2157.109
\$180 for three 1-hour lessons	2157.110

To arrange a lesson, please contact: WhitlingerSarsfieldTennis.com or Parks & Recreation at 595-7441 or email park-srec@belmont.gov



YOUTH & TEENS - Sports



For over 30 years we have been dedicated to teaching kids this popular game in a nurturing environment. We are committed to instilling skillful confidence in your young player. **All participants receive a Kidz Love Soccer jersey! Shin Guards Required. Rainout hotline - 1-888-**

372-5803.

INSTRUCTOR: Kidz Love Soccer Staff

Outdoor Soccer

LOCATION: Cipriani Elementary School, 2525 Buena Vista, Belmont

FEE: \$106 Resident, \$126 Non-resident, (8 classes)

(No class 5/28)

3.5-4 yrs	Tot Soccer	Sat	9:10-9:40am	1/30-3/19	0134.101
4-5 yrs	Pre-Soccer	Sat	9:40-10:15am	1/30-3/19	0134.102
5-6 yrs	Soccer I	Sat	10:15-11am	1/30-3/19	0134.103

3.5-4 yrs	Tot Soccer	Sat	9:10-9:40am	4/16-6/11	0134.106
4-5 yrs	Pre-Soccer	Sat	9:40-10:15am	4/16-6/11	0134.107
5-6 yrs	Soccer I	Sat	10:15-11am	4/16-6/11	0134.108

Soccer 2 - Skillz and Scrimmages

LOCATION: Cipriani Elementary School, 2525 Buena Vista, Belmont

FEE: \$106 Resident, \$126 Non-resident (8 classes)

(No class 5/28)

7-10 yrs	Sat	11-11:45am	1/30-3/19	0134.104
7-10 yrs	Sat	11-11:45am	4/16-6/11	0134.109

Indoor Soccer

LOCATION: Belmont Sports Complex, 550 Island Parkway, Belmont

FEE: \$64 Resident, \$77 Non-resident, (8 classes)

(No class 12/26, 1/2)

3.5-4 yrs	Tot Soccer	Sat	9:10-9:40am	12/12-1/16	0134.306
4-5 yrs	Pre-Soccer	Sat	9:40-10:15am	12/12-1/16	0134.307
5-6 yrs	Soccer I	Sat	10:15-11:00am	12/12-1/16	0134.308

Intro to Ice Skating for Youth

AGE: 7-15 years - split up by age

We make your first ice skating experience a good one! Learn the basics of skating, including forward and backward skating and gliding at a speed appropriate to the student's age in a safe and nurturing environment. Please arrive 15 minutes early for class. Wear warm, loose clothing, ankle-high socks and gloves or mittens. Helmets are not provided, but are recommended. Class includes a 1/2 hour lesson with a skate pro, skate rental and free public session the day of the class. **(No class 4/7)**

FEE: \$76 Resident, \$91 Non-resident (6 classes) 1/7-2/11
\$89 Resident, \$107 Non-resident (7 classes) 2/25-4/14

INSTRUCTOR: Belmont Iceland Staff

LOCATION: Belmont Iceland, 815 Old County Rd., Belmont

Thu	6:15-6:45pm	1/7-2/11	1119.103
Thu	6:15-6:45pm	2/25-4/14	1119.104



Indoor Rock Climbing

AGE: 5-8 or 9-13 years, grouped by age.

Do your kids love to climb anything in sight? Looking for something new and fun to do this Fall? Your child will learn to climb, play climbing games and meet other young climbers in a safe environment. **Please arrive 15 minutes early to complete liability waiver form. Parents MUST bring government issued photo identification for waiver verification.** Planet Granite T-shirt is included. Ratio: 5 youth to 1 instructor.

FEE: \$153 Resident, \$173 Non-resident (5 classes)

INSTRUCTOR: Planet Granite Staff

LOCATION: Planet Granite Gym, 100 El Camino Real, Belmont

www.planetgranite.com

Tue	4-6pm	1/5-2/2	1101.101
Thu	4-6pm	1/7-2/4	1101.102
Fri	4-6pm	1/8-2/5	1101.103

Tue	4-6pm	2/9-3/8	1101.104
Thu	4-6pm	2/11-3/10	1101.105
Fri	4-6pm	2/12-3/11	1101.106

Tue	4-6pm	3/15-4/12	1101.107
Thu	4-6pm	3/17-4/14	1101.108
Fri	4-6pm	3/18-4/15	1101.109

Tue	4-6pm	4/19-5/17	1101.110
Thu	4-6pm	4/21-5/19	1101.111
Fri	4-6pm	4/22-5/20	1101.112

ADULTS - Arts, Crafts & Games

NEW!

Chinese Mah Jong Class D

Mah Jong is a mentally stimulating brain game. It requires people to make fast decisions, analyze their options and react to quick changing circumstances. It is also a fun game and makes a great social activity. In this class, you will learn the Classic Chinese Mah Jong rules and scoring. There will be 6 weeks of classes with an additional 4 weeks of supervised play. No experience necessary.

FEE: \$75 Residents, \$90 Non-Residents

INSTRUCTOR: Sho Mei Wong

LOCATION: Twin Pines Cottage

Wed 9:30-11am 1/20-3/23 5707.101

Common Threads: D Sewing & Quilting Group

Tuesdays, 1:00-3:30

Join us for a sewing and quilting group! Gather your supplies and bring your sewing machine. You'll meet new people, learn from one another and be joined by Common Threads. Phone 595-7444 for more information. Drop in! FREE!

LOCATION: Twin Pines Senior & Community Ctr

Crafts Group D

Tuesdays, 12:30 - 2:30

This lively group meets every week to work on individual or group projects in a social atmosphere. Some projects are created for sale at the Twin Pines Senior & Community Center and all those proceeds go to The Senior Fund. Bring your project and supplies and join the fun!

LOCATION: Twin Pines Senior & Community Center

FREE Weekly Movies D

Tuesdays, Wednesdays & Thursdays, 12:30pm

Every week we get the best and newest movies as soon as they are out on DVD. Or come enjoy some old favorites, or expand your base with some foreign films. Adults over 60 can even do Lunch at 11:30 then see the Movie each week at 12:30pm. The movies are FREE. Check the Twin Pines Newsletter, pick up a detailed movie flyer, or phone (650) 595-7444 for the featured presentation. You can also find the monthly list at www.belmont.gov/twinpinesmovies

LOCATION: Twin Pines Senior & Community Ctr

1st & 3rd Tuesday - Classics

2nd & 4th Tuesday - Foreign Films

Wednesdays - New, 1st-run movies

Thursdays - Blockbusters from the 70's-90's

TIP:

D Drop in

S Sign up

R Register Online or at Parks & Recreation office

Art Group D

Thursdays, 1:00-3:30pm

Do you like to paint or work on art projects? Would you like to do it with company? Spend a lovely, soothing afternoon with several like-minded artists creating art in a non-class setting. All experience levels welcome. Must bring your own supplies (paints, brushes, tools, cleaning supplies, easel). Chairs and 8-ft long tables are provided. In good weather, use of our adjacent outdoor patio is also available!

LOCATION: Twin Pines Senior & Community Center



TABLE GAMES D

Drop in for these fun social games every week!
FREE! (Except Bingo)

LOCATION: Twin Pines Senior & Community Center

Bridge: Intermediate & Advanced

Thursdays, 12:30 - 3:30pm

Canasta FREE!

Tuesdays, 12-3:30pm

Thursdays, 9:30 - 11:30am

Hearts & Pinochle

Wednesdays, 12:30 - 3:30pm

Pedro

2nd Tuesdays, 12:00

Bingo

1st & 3rd Fridays, 12:30pm

Sponsored by the Belmont Senior Club.

ADULTS - Health & Fitness

NEW!

Pilates

R

AGE: 15+

Pilates is a system of controlled exercises that engage the mind and condition the entire body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Please wear fitted and comfortable athletic pants/shorts and shirt.

FEE: \$175 Resident; \$185 Non-resident (10 classes)

LOCATION: Barrett Community Center, RM B

INSTRUCTOR: HeartBeat Dance instructor

Sat	10-11am	1/9-3/19	2234.101
Sat	10-11am	3/26-6/11	2234.102



Social Ballroom Dance

R

AGE: 18+ years

Come dance with us and sharpen your mind while lifting your spirit. Learn Samba, Rhumba, Cha Cha Cha, Mambo, Tango, Fox Trot, Swing and more in the Basic level (7:45pm) Fee is per person. No registration after 2nd lesson. Intermediate class is offered through City of San Mateo. **COUPLES ONLY.**

FEE (per person): \$41 Resident, \$48 Non-resident. (6 classes)

INSTRUCTOR: Bart & Judy Lewis

LOCATION: Beresford Community Center, 2720 Alameda de las Pulgas, San Mateo

Fri	7:45-8:45pm	1/22-2/26	2550.101
Fri	7:45-8:45pm	3/18-4/22	2550.102

Hip Hop Groove Dance

R

AGE: 18+ years

Come learn the newest hip hop moves mixed with a jazz, funk flair. We warm up with stretching and exercises to improve flexibility and strength, then move to choreographed routines. Dance your heart out with this all over body workout.

(No class 2/14)

FEE: \$96 Resident, \$116 Non-resident (6 classes)

LOCATION: Wednesdays - Barrett Community Center, Rm B, 1870 Ralston Ave, Belmont

Sundays: On the Move, 501D Old County Rd., Belmont

INSTRUCTOR: Laurie Nelson, personal fitness trainer, dance instructor

Wed	9:30-10:30am	1/20-2/24	2561.101
Wed	9:30-10:30am	3/2-4/6	2561.102
Wed	9:30-10:30am	4/13-5/18	2561.103

Sun	4-5pm	1/17-2/28	2561.104
Sun	4-5pm	3/6-4/10	2561.105
Sun	4-5pm	4/17-5/22	2561.106

Intro to Taiko Drumming

R

AGE: 15+ years

Taiko is the art of Japanese drumming, which develops self-expression and musical creativity. This introduction includes Japanese expressions, the kinds and use of taiko drums, and the sounds of various taiko beats. In each class, everyone will participate by playing on actual drums. Note: Taiko is a physical activity requiring fitness and stamina and is a demanding and challenging endeavor. It requires peak physical conditioning and flexible joints and muscles. No individuals with physical impairments, past injuries or medical conditions should sign up for this class. Instructor reserves right to reject questionable physical conditions and/or require a doctor's written permission and written waiver of liability.

FEE: \$35 (4 classes)

MATERIALS FEE: \$45 paid directly to instructor to cover the drum heads replacement.

INSTRUCTOR: Kensuke Sumii

LOCATION: Belmont Sports Complex, Conf Ctr, 550 Island Pkwy, Belmont

Tue	7-9pm	1/5-1/26	2411.101
Tue	7-9pm	2/2-2/23	2411.102
Tue	7-9pm	3/1-3/22	2411.103
Tue	7-9pm	4/5-4/26	2411.104

WE HAVE NEW ADULT DANCE CLASSES!

(BALLET & TAP)

SEE OUR *Heartbeat Dance Academy* ON PG. 9



AGE: Adults 40+

Are you ready to Zumba? Zumba is based on the principles that exercise should be fun and easy to do. Zumba Gold is more gentle than regular Zumba and is a great mix of Latin flavor and international beats with easy-to-follow and low-impact moves which create a high-energy and calorie-blasting workout. Please wear comfortable clothes, supportive shoes and bring a water bottle.

FEE: \$68 Residents, \$82 Non-resident (6 classes)

INSTRUCTOR: Yoshiko Takeshita

LOCATION: Twin Pines Senior & Community Center

Wed	10:30-11:30	1/13-2/17	5222.101
Wed	10:30-11:30	2/24-3/30	5222.102

ADULTS - Health & Fitness

Tai Chi Chuan for Fitness R

AGE: 18+ years

Our popular exercise class adds a touch of Qi Gong (energy work) into the moves, making the simple daily practice a power packed experience with increased vigor, strength, inner calm and balance. Qi is everything and everywhere: the primordial energy that creates life. Learn Tai Chi, harness that intrinsic force from within! Returning students, enhance your moves, revisit your commitment, revitalize your Qi.

FEE: \$86 Resident, \$103 Non-resident (8 classes)

INSTRUCTOR: Elliotte Mao

LOCATION: Barrett Community Center, Rm C

Beginner

Tue	7-7:50pm	1/5-2/23	2233.101
Tue	7-7:50pm	3/8-4/26	2233.103

Intermediate/Advanced

Tue	8-8:50pm	1/5-2/23	2233.102
Tue	8-8:50pm	3/8-4/26	2233.104

Xin Yi Dao Kung Fu R

AGE: 16 -65 years

Join our group as we practice and share our knowledge of the Chinese internal martial arts. This practice is comprised of the 3 main forms of internal kung fu: xing yi quan, bagua zhang, and taiji quan (tai chi). The system is more vigorous and martial oriented than taiji and emphasizes the development of internal energy, Qi, for mental and physical harmony. Exercises and moves from Old Form Bagua are used to enhance effectiveness of techniques and teach whole body movement. Dantien training techniques build core body strength. (No class 2/6)

FEE: \$80 Resident, \$96 Non-resident (8 classes)
\$160 Resident, \$180 Non-resident (16 classes)

INSTRUCTOR: Andre Chow, a senior student of Master Li Tai Liang.

LOCATION: Barrett Comm. Center, Rm C

Sat	8:45-10:45am	1/9-3/5	8 classes	2235.101
Sat	8:45-10:45am	3/12-4/30	8 classes	2235.102
Sat	8:45-10:45am	1/9-4/30	16 classes	2235.103

Exploring Mindful Meditation D

Tuesdays, 9-10am, January 12 - April 12

Join us on the first Tuesday of each month from 9:00-10:00am. Through guided meditation, you will quiet the mind and body and be more aware of the present moment. Come find out what meditation is all about, and learn techniques to reduce stress and pain and become more aware of your body and the world around you. FREE! Drop-ins welcome. *No class 2/23

LOCATION: Twin Pines Cottage

TENNIS - the Stanford Way R

See page 19 for Tennis Age 15+

TIP:

D Drop in

S Sign up

R Register Online or at Parks & Recreation office

Tai Chi Chuan for Women R

AGE: 18+ years

The Qi energy harnessed for centuries for its life giving force has ironically been underutilized by the most life giving souls - women! With a series of steps culled from nature's best movements, this gentle exercise brings life enhancing benefits to fortify us against those nagging issues such as osteoporosis, menopause, depression, fatigue. Let's discover wellness together!

FEE: \$86 Resident, \$103 Non-resident (8 classes)

INSTRUCTOR: Elliotte Mao

LOCATION: Belmont Sports Complex

Level 1

Thu	9-9:50am	1/7-2/25	2233.105
Thu	9-9:50am	3/10-4/28	2233.106

Level 2

Thu	10-10:50am	1/7-2/25	2233.107
Thu	10-10:50am	3/10-4/28	2233.108

Level 3

Thu	11-11:50am	1/7-2/25	2233.109
Thu	11-11:50am	3/10-4/28	2233.110

Living Healthy S

Wednesdays, 1:30-3:00pm, January 27 - March 9

Living Healthy is a free 7-week health education class offered by the Sequoia Healthcare District that explores a host of important health topics including nutrition, exercise, stress management and good communications. This class is ideal for any adult who wants to maintain a healthy lifestyle or make changes to adopt good health practices. It is fun, interactive, and very informative and led by highly qualified health educators. Phone 595-7444 to sign up for this **FREE** class. Refreshments served at each class.

LOCATION: Twin Pines Senior & Community Center

Memory Loss Support Group S

Last Wednesdays, 1pm (Next up: January 27)

Each month we will discuss aspects of our experience with dementia. For many of us, this is the first time we're experiencing the illness up close and personal. None of us chose this path, but here we are. What have you learned that might help someone else? What's working for you? Join us from 1:00-2:00 on 1:00 the fourth Wednesday of each month for a discussion facilitated by Mary Jane Alvarado, MSW. This **FREE** program is sponsored by Silverado of Belmont. Sign up by phoning 595-7444.

LOCATION: Twin Pines Senior & Community Center

ADULTS - Health & Fitness

Get Fit After 40 R

AGE: Adult ages 40+ years

Come strengthen your heart, improve your agility, increase your overall strength and improve bone density! Don't let your age or fitness level keep you from coming. We adapt to all levels and combine low-impact exercise with both popular and country music to create a vigorous, yet gentle, workout that tones and energizes your whole body. The resistance band warm-up, cardiovascular workout and stretching cool-down makes for a fun and complete exercise program.

FEE: Tu OR F \$60 Resident, \$72 Non-resident (10 classes)
Tu AND Fri \$99 Resident, \$119 Non-resident (20 classes)

INSTRUCTOR: Cathleen Morehouse, D.C. (Chiropractor)

LOCATION: Barrett Comm. Center, Multi-Use Room

Session 1

Tue	9:30-10:30am	1/12-3/15	5201.101
Fri	10-11am	1/15-3/18	5201.102
Tue AND Fri		1/12-3/18	5201.103

Session 2

Tue	9:30-10:30am	4/5 - 6/7	5201.104
Fri	10-11am	4/8 - 6/10	5201.105
Tue AND Fri		4/5 - 6/10	5201.106

Rosen Method Movement S

Thursdays, 9-10am, January 14 - April 14

In this class you will be guided with music through gentle, unhurried movements, which are designed to improve alignment and flexibility while increasing range of motion, balance and strength. Instructor-in-Training Rosemary Field will help you connect with your body and mind, feeling balanced and refreshed at the end of each session. **Wear comfortable clothing and supportive shoes, and bring a mat (optional).** Phone 595-7444 to sign up for a space for this FREE class.

LOCATION: Twin Pines Senior & Community Center

Walks in the Park D

Walking group meets on Tuesday and Thursday mornings at 9:30am, rain or shine! Different people walk at different paces, and you choose your own. Come walk together! FREE!

LOCATION: Twin Pines Senior & Community Center.

Table Tennis D

2nd & 4th Fridays, 1:30-3:30pm FREE!

Come by yourself or bring a couple of friends and just drop in!

LOCATION: Twin Pines Senior & Community Center



FREE Health Screenings!

-Personalized, individualized screening and counseling by an experienced Sequoia Hospital RN.

-Enjoy the benefits of an experienced RN who can help you understand your results and how to communicate your results to your Doctor. D

-Unique screening service that brings the expertise of an experienced RN who can answer questions in a relaxed environment.

LOCATION: Twin Pines Senior & Community Center

Blood Pressure: 3rd Tuesdays, 8:30-10am

January 19 February 16
March 15 April 19

Diabetes: Wednesday, 9-10am

January 20 & April 20



Hatha Yoga R

AGE: 12+ years

Regardless of age, shape, level of flexibility, this will benefit you!. A gentle, relaxing, strengthening, and non-threatening yoga style working toward mind and body one-ness. You will love it, and so will your body. **Bring a mat and wear comfortable clothing. Makeup missed class at other classes. (No class 1/18, 2/15, 5/30)**

FEE: \$87 Resident, \$104 Non-resident, (10 classes)

INSTRUCTOR: Cheryl Cooper, 24 years with Parks & Recreation

LOCATION: Twin Pines Lodge, 40 Twin Pines Lane

Mon	10:15-11:40am	1/11 - 3/14	2242.102
Tue	7-8:25pm	1/12 - 3/15	2242.103
Wed	10:15-11:40am	1/13 - 3/16	2242.104
Thu	7-8:25pm	1/14 - 3/17	2242.105

Mon	10:15-11:40am	4/4 - 6/6	2242.106
Tue	7-8:25pm	4/5 - 6/7	2242.107
Wed	10:15-11:40am	4/6 - 6/8	2242.108
Thu	7-8:25pm	4/7 - 6/9	2242.109

NEW!

ADULTS - Lifelong Learning

Speaking with Confidence

R**AGE:** 18+

We cannot escape from the occasions where we have to speak in front of a large group be it at work, parties or schools. Being able to communicate effectively and confidently has immeasurable benefits in professional, social and family life. You will learn how to manage public speaking anxiety, present yourself with confidence, and connect with your audience through effective body language. For more information: www.guruseducation.com (No class 4/8).

FEE: \$140 Resident, \$160 Non-resident, (7 classes), Includes workbook
INSTRUCTOR: Gurus Education staff
LOCATION: Barrett Community Center, Rm E

Fri 6:30-8pm 3/11-4/29 2905.101



Harmonica Lessons

R

Can't carry a tune in a bucket? Can't read music and don't want to? Bill will have you playing a selection from Beethoven's 9th Symphony by the end of the first hour! You'll learn using a new method never seen before. A \$10 materials fee is to be paid to instructor at first class meeting for a harmonica - or bring your own.

FEE: \$59 Resident, \$70 Non-resident
 5 classes, Includes workbook

INSTRUCTOR: William Fried

LOCATION: Twin Pines Senior & Community Center

Wed 2-3pm 1/13-2/10 5411.101

Language Groups

D

Join our FREE weekly groups at any time. Drop in!

Italian Class - Mondays, 10am
 French Conversation - Mondays, 2pm
 English Conversation - Tuesdays, 10am (1/12-3/15)
 Spanish Class - Wednesdays, 10am
 Spanish Conversation - Mondays, 10am
 German Class - Wednesdays, 11:30am
 Mandarin Conversation - Fridays, 10:40am

Free Financial Planning Talks

D

4th Fridays, January - April, 1pm

If you're close to retirement, or thinking ahead, don't miss these FREE series of talks presented by several professionals in the field.

Location: Twin Pines Senior & Community Center, 20 Twin Pines Lane, Belmont

Planning Financially for your Retirement
 January 22

Where will your retirement income come from?
 February 26

How will taxes affect your retirement life?
 March 25

Your expenses after retirement- Medicare & Long Term Care
 April 22

Managing your estate and gifting
 May 27

Opinion Exchange with Jim Dunbar

D

10am, 4th Monday each month

Jim Dunbar of KGO radio fame will lead this engaging program. Each session will include discussion and commentary on current events. Sessions will be held from 10:00-11:00am on the fourth Monday of each month. Stay current on local and global events at Twin Pines! **FREE!** Drop in. (No class 12/28)

LOCATION: Twin Pines Senior & Community Center



Book Club

D

1st Monday each month, 1pm, Jan - June

Belmont Library Manager Kathleen Beasley and Assistant Stephanie Conrad will lead this group focusing on popular and bestselling fiction and nonfiction, with readings on pre-loaded digital reading devices. No need to download it yourself! We'll show you how to use them and discover whether it's a format you might enjoy. Limited to 12 participants. **FREE!** Drop in.

LOCATION: Twin Pines Senior & Community Center

Stamp Collectors

D

4th Monday of each month, 10am

Every informative session is **FREE!** Bring your own stamps to show, trade, or take a look at the current collection. Drop in. (No class 12/28)

LOCATION: Twin Pines Senior & Community Center

ADULTS 50+

♥ Twin Pines Senior & Community Center ♥ 20 Twin Pines Lane

How About Lunch & a Movie?

Tuesdays, Wednesdays & Thursdays

You can come up to 3 times a week to enjoy a delicious, well-balanced and filling meal at the Twin Pines Senior & Community Center, followed by a FREE movie! Every week we get the best and newest movies as soon as they are out on DVD. You can also enjoy some old favorites, or expand your base with some foreign films.

Check the Twin Pines Newsletter, pick up a detailed movie flyer, or phone (650) 595-7444 for the featured presentation. You can also find the monthly list at

www.belmont.gov/twinpinesmovies

Lunch Program 11:30 (60+) S

A Lunch Program is co-sponsored by Aging & Adult Services from the County of San Mateo. Meals are pre-ordered in advance and delivered by Creekside Grill. Our menu and ambiance makes the Twin Pines Café the spot to enjoy a delicious lunch at 11:30am on Tuesdays, Wednesdays and Thursdays.

There is a suggested donation of \$4.00 for persons 60 and older and an \$8.50 fee for anyone under age 60; subject to change.

Phone 595-7444 to find out what's on the menu and to make your reservations, at least 2 business days in advance. Transportation is available for Belmont Residents.

Movies NEW TIME! 12:30 (Free) D

1st & 3rd Tuesday - Classics

2nd & 4th Tuesday - Foreign Films

Wednesdays - New, 1st-run movies

Thursdays - Blockbusters from the 70's-90's

TIP:

D Drop in

S Sign up

R Register Online or at
Parks & Recreation office



Daytime Dances! S

2nd Friday of each month, 1-3pm

Thanks to partnerships with local agencies, we can now offer FREE daytime dances open to the public (Adults 50+) every month with a live band! Each month will have a special theme. Refreshments provided. Sign up to reserve your spot! Call 595-7444 or go to the Front Desk of the Center, open Mon-Fri 8:30am-4pm. Singles and couples welcome.

January 8	New Year's Dance
February 12	Love & Friendship Dance
March 11	Luck o' the Irish Dance
April 8	Spring Fling Dance

Mexican Hot Chocolate & King's Cake D

Wednesday, January 6, 10am

Join Andrea on Wednesday, January 6, for the Mexican "Day of the Three King Magi" tradition. She will make her famous spicy hot chocolate and you can enjoy it with a slice of "Three Kings" bread, baked only this time of year! FREE!



Twin Pines Shuttle!



Mon - Thurs 9am-1pm, 1st & 3rd Fri 9am-3pm

S

If you are a senior Belmont resident, the Twin Pines Shuttle is available to take you from your home to the Twin Pines Senior & Community Center! Remember, you can do your part to help the environment and reduce fuel costs. Our van is wheelchair-accessible. No need to worry about traffic or finding a parking spot. Our friendly drivers bring you right to the front door. There is a suggested donation of \$1 per one way ride, or \$2 for the round trip ride. Phone 595-7444 for more information.

NEW!

Family Love Letter **S**

Thursday, January 28, 2-3pm

The Family Love Letter is a system to help compile information that your family will need at the time that they most need it, information that is not normally included in your will or trust. At the workshop, we will walk you through the system and how it works, make recommendations, show you shortcuts in completing it, and identify planning opportunities. Attendees will receive one complimentary Family Love Letter workbook per family. FREE! Presented by LFS Asset Management. Phone 594-7444 to sign up.



Ukulele Sing-A-Long **D**

2nd Monday each month, 10:00-11:30am

All are invited to join the Twin Pines Senior & Community Center's Ukulele Jam and Sing-A-Long. Bring your ukulele or guitar, your voice and your "Aloha Spirit" to sing or play and join in the fun! Drop in, no reservations needed.

LOCATION: Twin Pines Senior & Community Center

AARP Tax Assistance **S**

Mondays, February 1-April 11

AARP will again come and visit to offer FREE tax preparation assistance at Twin Pines Senior & Community Center. This service is available to low and moderate income taxpayers, with special attention to those ages 60 and older. **BY APPOINTMENT ONLY!** Don't wait until last minute and call 595-7444 starting January 27, 2016. (No appointments on February 15)

AARP Smart Driver Course **S**

9:00am - 1:30pm

February 11 + 12, or April 7 + 8

Refresh your knowledge of the rules of the road and receive a discount on your auto insurance. To reserve a space, phone 595-7444. Must attend BOTH days (either in February or April) to receive a course certificate.

FEE: \$15 AARP Members, \$20 Non-members.

Payable to instructor at first session.

LOCATION: Twin Pines Lodge

ADULTS 50+

Physical Activity & Stress Reduction S

2nd Tuesdays, 2-3pm, January - March

This FREE evidence based **Nexus** Program is sponsored and developed by Silverado and has been proven to improve memory, cognition and overall health. Participants will experience first-hand the types of activities used in this program such as Zumba, chair cycling, laughter yoga, tai-chi, meditation and aromatherapy. Brain healthy snacks will be served. Call 595-7444 to sign up.

LOCATION: Twin Pines Cottage

Gentle Tai Chi Chuan S

The significant reduction in falls among adults who are practicing Tai Chi speaks volumes about why you should incorporate it into your exercise program. We emphasize and practice mindful moves in a non-judgmental harmonious setting. This **FREE** class for **beginning newcomers** is taught by Elliotte Mao and is offered in partnership with Sequoia Hospital-Dignity Health.

***Sign-up required (No drop-ins). Call 595-7444**

***Priority given to New students**

***Returning students are encouraged to try the next level of class ("More Tai Chi"), otherwise they will be put on a Waiting List**

Tuesdays, 9:30-10:30am

Session 1 January 5 - February 23

Session 2 March 8 - April 26

MORE Tai Chi Health! R

For all those Tai Chi 'graduates' who want more of this delightful Body, Mind & Spirit exercise, Tai Chi instructor Elliotte Mao has created an extended class where students can continue building the Qi, doing the moves, bringing health and balance to their lives. No need to be on a waiting list. The intro class "Gentle Tai Chi" is helpful, but not a prerequisite.

FEE: \$64 Residents, \$76 Non-Residents

INSTRUCTOR: Elliotte Mao

Fri	1-2pm	1/8 - 2/26	5226.101
Fri	1-2pm	3/11 - 4/29	5227.102

Video Fitness Programs D

Have fun and get fit in our FREE video fitness programs, no reservations required.

- Low-Impact Aerobics - Mon. & Wed., 9:30am
- Sit N' Be Fit - Mondays, 2pm
- Chair Yoga - Fridays, 9:30am

Beat Arthritis R (8 weeks)

Back by popular demand! This low-impact, gentle physical activity will reduce pain and decrease stiffness of persons with arthritis-related conditions. Taught by popular certified instructor Mary Furuta, this will help you keep your joints flexible, muscles strong, and increase energy and balance. **All levels welcome.**

- Must be pre-registered to participate (No drop-ins)

- You can register for once a week or twice a week program.

-No class 1/18, 2/15

FEE:

Residents

\$40 Mon *OR* Thu, \$75 Mon *AND* Thu

Non-Residents

\$48 Mon *OR* Thu, \$90 Mondays *AND* Thu

INSTRUCTOR: Mary Furuta

Session 1

Mon	1-2pm	1/11 - 3/14	5225.101
Thu	11am - 12	1/14 - 3/3	5225.102
Mon	<i>AND</i> Thu	1/11 - 3/14	5225.103

Session 2

Mon	1-2pm	3/21 - 5/9	5225.104
Thu	11am - 12	3/24 - 5/12	5225.105
Mon	<i>AND</i> Thu	3/21 - 5/12	5225.106

Strength Training D

Wednesdays, 8:45-9:30am

Targeted for adults over 60, but beneficial for everyone, the class concentrates on gradually building strength in the crucial muscles of the body to restore aligned, balanced posture and movement. Join Sophia for this FREE class. Bring a water and a mat for floor exercises.

Matter of Balance S

Tuesdays, 10am-12noon, 1/26-3/15

Many older adults experience concerns about falling and restrict their activities. This program is geared for NEW participants and designed to manage falls and increase activity levels. The class includes facilitated discussions and a gentle but effective exercise program. Class is sponsored by Sequoia Hospital Dignity Health and Stanford Hospital. **FREE!** For more info or to sign up, call (650) 595-7444.

LOCATION: Twin Pines Lodge, 40 Twin Pines Lane

ADULTS 50+ - Local Services

Bread Program D

Mondays & Wednesdays, 9:00am

Volunteers bring leftover bread donated from Lunardi's. There is a suggested donation of 25¢ for bread, 50¢ for pastries, 50¢ for cookies, and \$2 for cakes. First come, first serve. Limit of two items per person.

Computer Classes D

1. Belmont Library:

- Wednesdays at 10:30am.
- Drop-In
- Variety of subjects and technology
- Call 591-8286 for more info.

LOCATION: 1110 Alameda de las Pulgas

2. Twin Pines Senior & Community Center: S

Tablet class (iPad, Android, etc)

- Thursday afternoons by appointment only
- Call 595-7444 to sign for a one-time, 2hr class

Free Aid & Services Information D

We have FREE material with information on non-profit agencies that provide free or low-cost assistance to seniors or low-income residents in several areas. On our shelf you will find information on:



Aging & Adult Services
Transportation
Legal Aid
Home Care
Health Insurance
Support Groups
Conflict Resolution
Driving Aids
Home Health Agencies
Housing

Drop by to pick up your free pamphlets or booklets!

Books

Are available in our complimentary loan library.

The Vial of Life D



During a medical emergency, a small plastic vial containing a slip of paper could save your life. More than 40,000 seniors in San Mateo and county keep "The Vial of Life" in their refrigerators, which contains a sheet of paper listing medications you are taking or any health issues you have. Emergency responders are trained to check in the refrigerator for the vial. "The Vials of Life" are available FREE at the Twin Pines Senior & Community Center. For more information, call 595-7444.

Safe Medication Disposal D

Did you know that disposing of prescription drugs is hazardous to the environment? Toilet-flushed drugs are harming our fish and amphibians. Medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment.

Belmont Senior Club D

10am, 3rd Tuesday each month

Meetings are held on the third Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. The Belmont Senior Club hosts afternoon Bingo and casino trips. Bingo games are typically held on the first and third Friday of each month at 1:00pm. For more information go to the website <http://belmontseniorclub.wix.com/-belmont-senior-club>





To get started | Para empezar:
smchealth.org/passport2parks

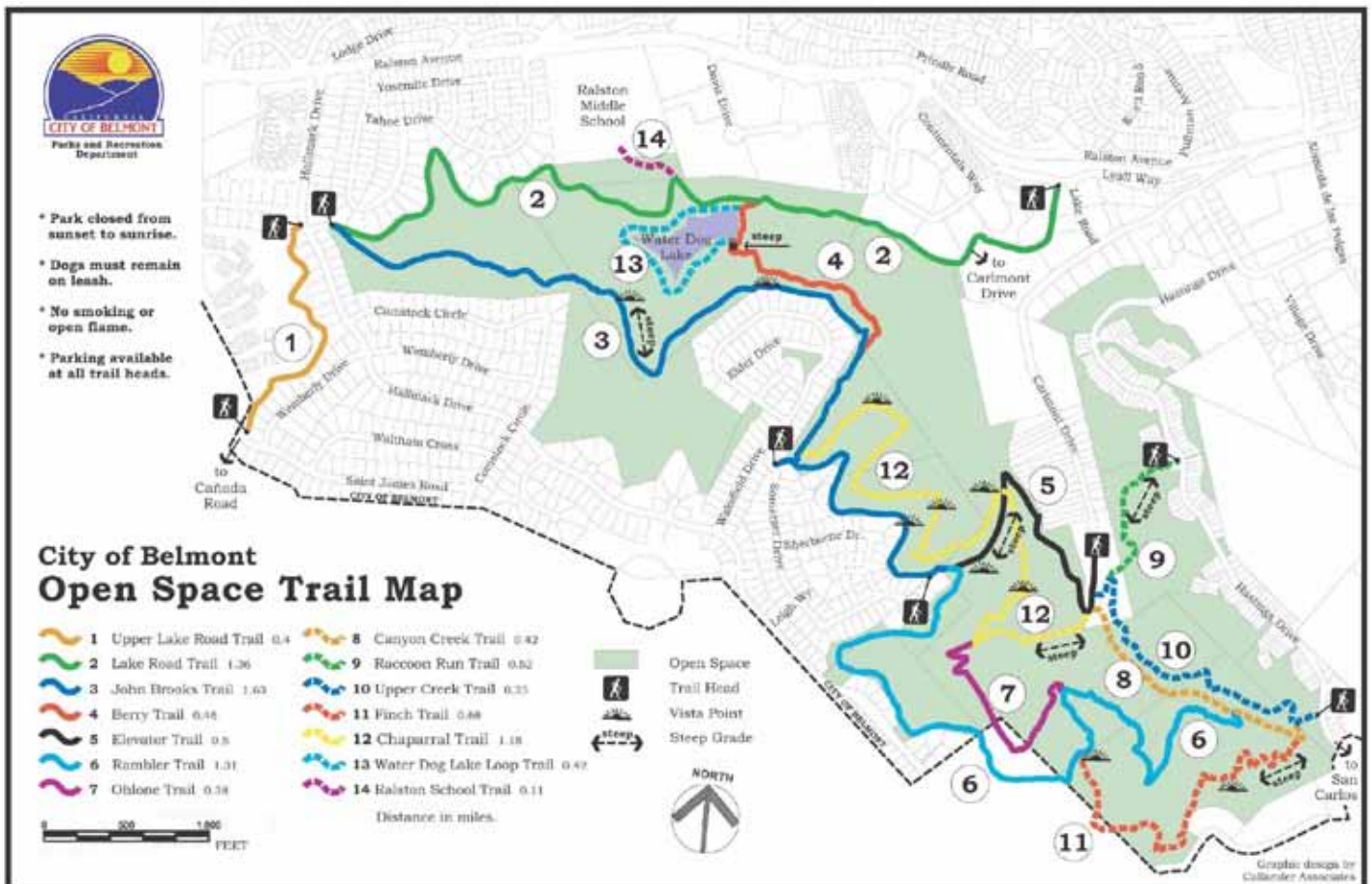


Take a trip
 through some of
 your
 neighborhood's
 best destinations

Go on an interactive treasure hunt to discover your city's beautiful parks and win prizes. Great for birthday parties!

Tomar un viaje a través de algunos de los mejores destinos de su vecindario

Ir en una búsqueda del tesoro interactivo con su familia mientras explora los hermosos parques de su ciudad y ganar premios! Una gran actividad para las fiestas de cumpleaños!



WOOF!

Looking for a dog park to take your buddy off-leash? Check out Cipriani Dog Park!



Parks Guide

PARKS AT A GLANCE														
	Acres	Ballfield	Basketball	Cycling	Horseshoe Pits	Jogging Track	Multi-Use Field	Picnic Area	Playground	Recreational Building	Restrooms	Swimming	Tennis	Special Features
1. Alexander Park 400 block of Yorkshire	1.3		✓		✓			B	②		✓		②	Handball/Tennis Wall, Recycling Receptacle
2. Barrett Community Ctr 1834 Belburn /1870 Ralston	5.1	✓	✓				✓	B	✓	✓	✓			Community Garden, Drinking Fountain, Day Care, Community Theater, Enrichment Classes
3. Belameda Park 1110 Alameda de las Pulgas	3					✓		✓	✓					Drinking Fountain Adjacent to Belmont Library
4. Belmont Sports Complex 550 Island Parkway	11	③		✓		✓	✓	B	①	✓	✓			Drinking Fountain, Volleyball area, Facility Rentals, Lighted Fields
5. Carlmont High School 1400 Alameda de las Pulgas	13.5	②	③			✓	③	✓				✓	⑥	Drinking Fountain, Pool (Summer only)
6. Central School 525 Middle Road	3.4	✓	④				②		✓					Drinking Fountain, Stage
7. Cipriani Park/Dog Park 2525 Buena Vista	6		✓				✓	✓	②					Drinking Fountain, Lawn Area, Dog Park Off Leash Area
8. College View Park 1 College View Way	0.1								✓					Drinking Fountain
9. Davey Glen Park Across from 500 Davey Glen	1.1			✓										Under development
10. Fox School 3100 St James Rd	6.1	②	③				✓	✓	②					Drinking Fountain Tot lot is adjacent to school
11. Hallmark Park 2599 Hallmark Dr	5.2					✓		✓	✓				②	Drinking Fountain Access to Crystal Springs Trails
12. Hastings Tot Lot 2409 Hastings Dr	0.3								✓					Vista View, Benches, Trail Access
13. Hidden Canyon Park End of Carlmont Dr	23.7			✓		✓								Drinking Fountain, Undeveloped, Hiking/Biking Trails
14. McDougal Park 1405 Solana Dr	4.5	②	②				✓		✓					Drinking Fountain, Multi-use Field
15. Nesbit School 500 Biddulph Way	6.5	②	④				✓		✓					Drinking Fountain Handball/Tennis Wall
16. O'Donnell Park 400 Block of Ralston	0.9		✓					B	✓					Drinking Fountain Lawn Area
17. Patricia Wharton Park Notre Dame Ave/ Middle Rd	0.1													Benches
18. Ralston Middle School 2675 Ralston Ave	7.4	③	④			✓	②	✓						Drinking Fountain
19. Ralston Ranch Park Across from 1 Ralston Ranch	1.3			✓										Undeveloped
20. San Juan Canyon 4122 Marsten Ave/3500 Bartlett Way	35			✓		✓								Undeveloped, Benches, Hiking/ Biking Trails & Open space, connected to Sugarloaf Open Space & Trails
21. Semeria Park 2322 Casa Bona Ave	0.1							✓	✓					Drinking Fountain, Lawn Area
22. Twin Pines Park 30 Twin Pines Lane	21.1				②			B	②	✓	✓			Senior & Community Center, Lawn Area, Three Building Rentals & Three Picnic Area Rentals, Volleyball Area
23. Wakefield Park Wakefield Dr and Elder Dr	1			✓										Views of the SF Bay, Benches, Hiking & biking trail access
24. Water Dog Lake Across from 2839 Hallmark	260.6			✓		✓								Undeveloped, No water play allowed, Hiking/Biking Trails and Open Space
① # of lit facilities ① # of unlit facilities B Barbecue		PARK RULES <ul style="list-style-type: none">Hours: ½ hour before sunrise to ½ after sunsetDogs must be on leash and cleaned-up afterNo alcohol allowed except by permit.										DEPARTMENT OF PARKS & RECREATION 30 Twin Pines Lane, Belmont (650) 595-7441		

Parks
Make
Life
Better!

more info www.belmont.gov/parksandfields

COMMUNITY INVOLVEMENT

Senior Advisory Committee

This group meets every other month to discuss items that impact the Twin Pines Senior & Community Center and its attendees. If you have positive ideas or would like to add your input, you are welcome to attend the meetings. Open to all ages.

Contact Cheri Handley at (650) 595-7444 for more information

Rich Bortoli
Lu Krueger
Patricia Lauricella
Sirinee Tippakorn
Dave Karlin

Eric Reed
Cheri Handley
Ray Loya
Frank Rausch
Gloria Ryan

Giving Tree



Did you know that you can make a tax deductible donation to Belmont's Senior Services programs? And that volunteers are always needed to support the services available at the Twin Pines Senior & Community Center?

A Giving Tree is was recently dedicated at the Twin Pines Senior & Community Center. The leaves on the tree symbolize monetary donations and volunteer service years. Please call 595-7444 to find out how you can become a volunteer or donate to our valuable senior programs.



Summer Camp/Pool Jobs for Summer 2016

If you are looking for a part time summer job in aquatics or working with youth in camps with Belmont Parks in Recreation, go to www.calopps.org after February 20th and apply online until the end of April.

We're Hiring!

Do you need to supplement your income with flexible hours? The Parks & Recreation Department is now hiring for Building Attendants for weekday evenings and weekends. We work with your schedule. See our "Employment Opportunities" page for a full description!

www.belmont.gov/jobs

Santa AT THE FIREHOUSE

Toy Drive & Activity Night



**December 17
5-8pm
Fire Station 14
911 Granada St,
Belmont**

Come join us for a fun filled night complete with a visit from Santa, photo ops, coloring activities... and a giant SNOW mound. But before coming, please don't forget to bring a toy to be donated to a child in need! Free refreshments will be provided.

Can't make it but still want to donate?
Additional toy drop off site at:

**Fire Station 15
2701 Cipriani Blvd**

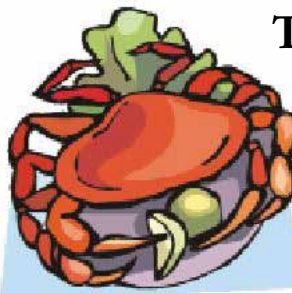


*For more info call Belmont Fire Department: (650) 595-7492

BELMONT ROTARY CRAB FEED

SATURDAY, JANUARY 30

**Twin Pines Senior & Community Center
20 Twin Pines Lane, Belmont**



***LIVE, SILENT & DESSERT AUCTIONS!
RAFFLE WITH TERRIFIC PRIZES!***

COCKTAILS @ 6pm

ALL-YOU-CAN-EAT, FABULOUS CRAB @ 7pm

Dinner Tickets @ \$55 - Please join us!

For information or tickets, contact Belmont Rotary at 592-2622

www.belmontrotary.org

COMMUNITY EVENTS

Father Daughter Sweetheart Dance

Saturday, February 6

Tickets :

Resident Couple - \$35

Non-Resident Couple - \$40

Additional Daughter - \$15

Twin Pines Senior Community Center

20 Twin Pines Lane

Free Photo Booth Pictures!

Live DJ!

Refreshments will be served.

Register online at
www.Belmont.gov



"Enhancing the Quality of Life for the Community."



FREE Egg Adventure Hunt

Ages 3-10

Take pictures
with the bunny!

Saturday, March 26

9 a.m. sharp

Twin Pines Park

30 Twin Pines Lane

Bring your basket

Games and
refreshments!



"Enhancing the Quality of Life for the Community."





What are Your Priorities for Belmont?



MAINTAIN LOCAL SERVICES

The City of Belmont is working to maintain local services as Sacramento finds new ways to take local funds. Over the last 20 years, the State has taken \$15.5 million from Belmont.

This has left us with repairs and improvements for our roads, storm drains, parks and more that Belmont cannot address.

JOIN THE CONVERSATION

The City is engaging residents in a Community Conversation on your perspectives regarding local service needs. The most important input into this process comes from YOU! Please help us by visiting www.belmont.gov/survey to take our brief Community Survey today.

Take our Community Survey!
www.belmont.gov/survey

Tell us services you want to protect, maintain or improve.



storytimes

Baby Storytime - Mondays @ 10:30am
Musical Storytime - Tuesdays @ 10:30am
Pajama Storytime - Wednesdays @ 7pm
Toddler Storytime - Thursdays @ 10:30am
Preschool Storytime - Fridays @ 10:30am
Ukulele and Family Storytimes - Alternate Saturdays. Ask at Library for times.



clubs

Lego Club
Age 5-11, Mondays, 3:30-5pm
Kids' Craft Club
Age 5-11, Tuesdays; 3:30-5:30pm
Science Club
Age 5-11, Fridays 4-5pm

Friends of the Library

The used bookstore sponsored by the Friends of the Belmont Library has a 2 permanent homes: downstairs behind the Cottage and at the entrance to the Library. The Book Nook is open to the public the 4th Friday and Saturday of each month, and 2nd Saturday and Sunday. Hardback, paperback books and tapes are sold with proceeds going to the Belmont Library. **For details, or to donate books, call (650) 593-5650, 591-3216 or 591-6329.**
www.friendsofthebelmontlibrary.org

COMMUNITY EVENTS

Men's & Coed Slow Pitch Softball

The cities of San Mateo, Belmont, and Foster City are working in partnership to provide adult softball programs in their communities. We offer Men's & Co-ed slow pitch in Winter, Spring and Summer.

For more details or questions regarding the adult softball leagues please contact the San Mateo Adult Sports Supervisor, Dan Hibson at 650.522.7433 or dhibson@cityofsanmateo.org.

**December 19th is the deadline
for
Winter Softball!**



Belmont History Room

**10 Twin Pines Lane, Belmont (Twin Pines Park)
(back of Manor Building/Twin Pines Art Center)**

650-654-4068

Hours:

**Each Sunday and Wednesday
1:00-4:00 p.m. (holidays excepted)**

For special group tours or questions about Belmont history, leave a message on above number or contact Denny Lawhern, 650-533-9349 or email belmontcahistory@aol.com

Belmont Farmer's Market

Sundays 9am—1pm

**Year-round
Rain or shine**

**Fresh fruits, vegetables, breads,
and pastries, flowers, and much
more!**

www.pcfma.com

**South Caltrain Parking Lot
El Camino Real, Belmont**

LOCAL INFORMATION

CITY HALL - 1 Twin Pines Lane

General Information.....	637-2907
Permit Center.....	595-7422
Business Licenses.....	637-2907
City Clerk.....	595-7413
City Manager.....	595-7408
Finance.....	637-2907
Human Resources.....	595-7452
Community Development/Planning.....	595-7417

PARKS & RECREATION - 30 Twin Pines Lane

Admin./Tree Permits.....	595-7441
Playing Field Conditions.....	592-7557
Senior Services.....	595-7444
Teen Center/VOICES.....	591-8286
Community Learning Ctr/Preschool.....	595-7448

FACILITY RENTALS.....595-7441

Barrett Comm. Center.....	1835 Ralston Ave
Picnic Areas	Twin Pines Park
Sports Complex/Conference Ctr.....	550 Island Pkwy
Twin Pines Cottage	7 Cottage Lane
Twin Pines Lodge	40 Twin Pines Lane
Twin Pines Manor	10 Twin Pines Lane
TP Senior/Community Center	20 Twin Pines Lane

FIRE DEPARTMENT

Emergency.....	911
Business Only.....	595-7492

POLICE DEPARTMENT

Emergency.....	911
Business Calls Only.....	595-7400
Abandoned Vehicle Hotline.....	595-7455

PUBLIC WORKS

Engineering Services.....	595-7425
Street & sewers.....	595-7425
Emergency Night/Weekend & Holiday Services, or after 5:00 pm on Weekdays.....	595-7400

DEPARTMENT EMAILS

Building & Planning	comdev@belmont.gov
City Clerk's Office.....	cclerk@belmont.gov
City Manager's Office	cmanager@belmont.gov
Finance.....	financedept@belmont.gov
Parks/Recreation Office.....	parksrec@belmont.gov
Permit Center.....	permitcenter@belmont.gov
Police Dept.	police@belmont.gov
Public Works Dept.....	pworks@belmont.gov
Webkeeper/Technology.....	tech@belmont.gov

GARBAGE (Recology).....	595-3900
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LIBRARY , 1110 Alameda de las Pulgas.....	591-8286
The Friends of Belmont Library.....	593-9514

SCHOOLS

Belmont/ Redwood Shores School.....	637-4800
Carlmont High School.....	595-0210
Central Elementary School.....	637-4820
Cipriani Elementary School.....	637-4840
Community Learning Center Preschool	595-7448
Fox Elementary School.....	637-4850
Nesbit Elementary School.....	637-4860
Ralston Middle School.....	637-4880

MID-PENINSULA WATER DISTRICT	591-8941
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CLUBS & ORGANIZATIONS

American Association of University Women....	592-5822
American Red Cross.....	259-1750
Animal Control: Peninsula Humane Society....	340-8200
Belmont 4-H.....	belmont4h@gmail.com
Chamber of Commerce.....	595-8696
Belmont Garden Club.....	595-2930
Belmont Historical Society.....	654-4068
Belmont Lions Club.....	346-7718
Belmont Park Boosters
.....	www.belmontparkboosters.org...592-3068
Belmont/San Carlos Mothers' Club.....	354-8020
Belmont Senior Citizen Advisory Committee..	595-7444
Belmont Rotary Club
.....	www.belmontrotaryclub.org.....594-2424
Belmont Senior Club.....	595-7444
Boy Scouts & Cub Scouts of America.....	341-5633
Center for Independence of the Disabled.....	645-1780
Girl Scouts of Northern California..	girlscoutsnorcal.org
HIP Housing.....	348-6660
League of Women Voters, S.M. County.....	342-5853
Mentoring, Friends For Youth.....	482-2867
Notre Dame de Namur University.....	508-3600
Peninsula Conflict Resolution Center.....	513-0330
San Francisco Girl Scout Council.....	591-4520
Sequoia Hospital Community Liason.....	367-5712
Toastmasters Club
.....	www.toastmastersclubs.org
Twin Pines Art Center	654-4068

SPORTS ORGANIZATIONS

American Youth Soccer Organization.....	rc@ayso108.org
Bel-Mateo Babe Ruth Baseball	rsvs@att.net
Bayside Broncos Football.....	info@baysidebroncos.org
Belmont-RW Shores Youth Softball Association	belmontsoftball@yahoo.com
Belmont United Soccer Club...saverio.soccer@gmail.com	
Belmont-RW Shores Little League..	kaknobel@yahoo.com
Pony/Colt Baseball.....	belmontwspony@yahoo.com

WAYS TO REGISTER

Registration will be processed in the order received. You can Register in person at the Parks & Recreation Office or mail the completed form.

*Walk-in registration continues until classes begin.

*Credit card registrations processed only in person or online at www.belmont.gov

*NO FAXED REGISTRATIONS

*Checks or money orders only for mail-in registrations

MAIL / WALK IN: Belmont Parks and Recreation, Attn: Registration
30 Twin Pines Lane,
Belmont, CA 94002

REFUNDS AND CREDIT VOUCHER POLICIES:

*No refunds or credit vouchers will be issued once a class has begun.

*Full refunds will be issued only for classes cancelled or closed by the Recreation Department. A credit voucher/refund will be issued if a participant withdraws from a class **at least one week** before the class begins and there will be a \$10.00 service fee per activity. No service fee will be deducted for credits.

*Class fees will not be pro-rated for missed sessions or late enrollment. **No refunds will be given for the processing fee, as that is not charged by our department. This fee is for the convenience of using the online service.**

*No refunds will be given for the processing fee for future activities

Please fill out the form below completely as all fields are important! Please include the date of birth; our programs key off this field.

Activity Registration Mail-In Form

Belmont Parks & Recreation Department
30 Twin Pines Lane, Belmont, CA 94002 Phone: (650) 595-7441



How did you hear about the ☐ Mail ☐ Email ☐ Facebook ☐ Website ☐ Friend ☐ Other: _____ program(s)?

Participant's Name (First and Last)	Date of Birth (mm/dd/yy)	Male/ Female	Class Name	Class # Code	Resident Fee	Non-Resident Fee

☐ Do you have any special needs which require specific accommodations so you can fully enjoy our classes and facilities?

Total \$ _____

I wish to donate to Senior Services \$ _____

Total due \$ _____

Payee Information (Person paying for registration)

Please fill in all the sections.

Name: _____ Date of birth (mm/dd/yy) _____ Gender (circle) M / F ☐ Self ☐ Parent ☐ Guardian

Address: _____ City: _____ Zip: _____

Day Phone: _____ Evening Phone: _____ Email: _____

WAIVER

I hereby absolve the City of Belmont, its employees, independent contractors and officers from all liability that may arise as a result of my participation in the activities above. In the event that the participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees, independent contractors from liability. I/We agree to allow use of my/our photograph(s) for program publicity. I have read and understood this waiver.

Signature: _____ Date: _____

Register Online Today!

Register for programs and classes from the comfort of your own home or office, using the convenience of your PC, laptop or smartphone.


By registering online through our Activnet page, you have service that is **available 24 hours a day**. You can view and select classes, make payments, and review your current registrations. You can also view your family account history.

To register online, follow these easy steps:

1. GO TO www.belmont.gov/activityguide

Click on 'Register for Activities'. You will be taken to our Activenet page.

OR

Browse through the Guide by clicking to expand the view , then click on an individual class. It will open the Activenet page to add it directly to your shopping cart.

2. SIGN-UP FOR AN ACCOUNT

Select 'Create an Account' if you haven't registered online before. You will need a credit card (American Express, Discover, MasterCard or Visa) and a working email address.

2. SELECT YOUR ACTIVITY OR CLASS

You can continue browsing through the alphabetical list of classes or make a search query.

3. CHECKOUT TO FINISH

Go to 'My Cart' to see the activity(s) you've chosen, or click 'Checkout' to register for these activities. Provide the appropriate information, then enter your credit card details, click 'Continue'... and you're done! You can print out your receipt. That's it. You are now enrolled and ready to enjoy the class!

**PLEASE REGISTER EARLY-
CLASSES CLOSE OFF IF THEY REACH MAXIMUM ENROLLMENT, OR CAN
BE CANCELED IF ENROLLMENT IS TOO LOW.**

Belmont Parks & Recreation
30 Twin Pines Lane
Belmont, CA 94002

PRSRT STD
US POSTAGE PAID
Belmont, CA
Permit #22

Residential Customer

ECRWSS



*Father Daughter
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